

**Drowning in Debt?
We Can Help!**



W|B|L|I
INCORPORATED
TRUSTEE IN BANKRUPTCY

902 482 2000 • 4debtrelief.com

BLADES ... NO GLORY

WITH THE NHL LOCKED OUT, METRO TALKS
TO THE PEOPLE WHO PLAY FOR LOVE PAGES 16-17



**"I love the smell of
testosterone
in the morning."**

Q104

Inhale...

HALIFAX

metro

metronews.ca | twitter.com/metrohalifax | facebook.com/metrohalifax

®

Thursday, October 11, 2012



News
worth
sharing.

Delisle pleads guilty to passing military secrets to Russians

Unprecedented case.

Sentencing for Canadian naval officer from Bedford scheduled for January

A Canadian naval officer pleaded guilty to espionage Wednesday, five years after a Crown lawyer said he walked into the Russian embassy, offered up military secrets for money and began a relationship that resulted in the sharing of a "vast amount" of sensitive information.

Sub-Lt. Jeffrey Paul Delisle of Bedford rose before a provincial court judge in Halifax, showing no emotion and clasping his hands together, and acknowledged he understood the consequences of his plea to the unprecedented charges.

When asked if he confirmed the guilty pleas, the 41-year-old intelligence officer merely said,

Payment

Federal Crown attorney Lyne Decarie said Sub-Lt. Jeffrey Paul Delisle received \$5,000 for the first couple of transfers to Russian agents, and then \$3,000 every month.



"Yes sir," before leaving the court to return to prison as he awaits sentencing in January.

Federal Crown attorney Lyne Decarie outlined the case against Delisle during a bail hearing March 28, saying he voluntarily approached Russian officials in 2007.

There was a publication ban

on evidence and arguments presented at the proceedings in the spring, but the guilty plea means there will not be a jury trial now.

At the time, Decarie said in court that "following some personal problems, Delisle walked into the Russian embassy in Ottawa and offered his services. He offered to sell information to them."

She said the officer worked at Trinity — the name for the military all-source intelligence "fusion" centre on the East Coast — which experts have said would provide tactical assessments primarily to Canadian warships and aircraft, both at home and overseas.

Decarie alleged in court Delisle would have access to the facility's secure and unsecured systems that contained information from Canada and her allies, and he shared mostly military data.

THE CANADIAN PRESS



FIVE-STAR ACT

Halifax Mooseheads forward Brent Andrews, right, and Moncton Wildcats James Melindy fight for the puck during QMJHL action at the Halifax Metro Centre on Wednesday night. Halifax won 5-1 for its fifth-straight victory.
Story, page 39. JEFF HARPER/METRO



"I went from struggling in a job I hated to a career I love, in less than a year...
Thank you Success College!"

Courtney Bennet
Paralegal, Success College Graduate

SuccessCollege.ca
1-888-809-2472



Success College
Get Ready.



SHIFT™



BE THE FIRST TO EXPERIENCE BREAK THROUGH TECHNOLOGY

NEWLY REDESIGNED
2013 NISSAN
ALTIMA

Rearview Monitor - Blind Spot Warning - Bluetooth Hands Free Phone System
Heated Steering Wheel - Lane Departure Warning - Remote Engine Start
Moving Object Detection - Voice Recognition - Touch-screen Monitor - 5.0L/100km
9-Speaker BOSE Sound - Electronic Brake Force Distribution

STARTING
FROM

\$23,698 +FREIGHT
/PDE

OR

OWN
FOR

\$169 /BW*



OREGON'S
DRIVING HIGHER STANDARDS

NISSAN
HALIFAX
DARTMOUTH

HALIFAX
3461 KEMPT ROAD
902-453-2020

DARTMOUTH
60 BAKER DRIVE, UNIT C
902-469-8484



WWW.OREGANSNISSAN.COM

*2013 Altima T4LG13 AA10. Sale price is pre-tax. Finance payment based on 84 month term with HST (\$3869.70) as down payment. Features are not standard on all models. See dealer for full details and options.

Population density

Boosting urban core could boost HRM's bottom line

Increasing population density in HRM's urban core could result in serious savings for the municipality, according to a consultant's report.

Quantifying the Costs and Benefits of Alternative Growth Scenarios evaluated the social and fiscal impact of increasing the population share in the urban core from the current 16 per cent to 25 per cent by 2031, as targeted under the regional plan.

The report authors also evaluated two hypothetical scenarios, in which the urban population shares rose to 40 and 50 per cent.

An overview presented to the municipal community planning advisory committee Wednesday culminated in a breakdown of the costs and revenues associated with each scenario.

The number-crunching reveals that pushing population share in the urban core to 50 per cent of HRM's total would result in savings of more than \$1.7 million, thanks to the creation of a more compact, transit-oriented community.

The hypothetical scenario shows costs for municipal services such as local and regional roadwork, and haulage for solid waste, would drop significantly with the increase in population density.

Planning Services Manager Austin French told the committee the final report, which will be used in the development of the HRM by Design Centre Plan, doesn't set anything in stone.

"What was in our minds ... was to see how much money could be saved if we were doing better relative to our targets, and what if we did even better than that," he said.

RUTH DAVENPORT/METRO



A pedestrian walks in front of a business on Barrington Street in this file photo. JEFF HARPER/METRO

Taxes not a main driver in choosing biz location: Study

City hall. Preliminary report suggests HRM business owners concerned about parking, profile



RUTH DAVENPORT
ruth.davenport@metronews.ca

A study of public and private businesses in HRM suggests commercial taxes aren't a top concern when owners decide where to hang their shingle.

The city's Community Design Advisory Committee got an update Wednesday on Phase 1 of Business Location

Study, which is being conducted by Stantec Consulting.

HRM staff member Andre McNeil told the committee the consultants interviewed more than 100 local business owners and managers and asked them to rank 17 factors, including taxation rates, for the impact on their choice to set up shop in the urban core or suburbs.

"Property tax did rank near the middle for suburban, they were a little more price-sensitive than urban business owners," McNeil said. "For those that chose an urban location, it was down at 11 or 13 out of those 17 factors."

The preliminary report shows issues such as parking

availability, proximity to clients, commute time, profile and image, availability of space and rental costs were of greater concern than tax rates when choosing a business location.

Leanne Hachey of the Canadian Federation of Independent Business says commercial taxation rates are a primary concern for her members, but says the issues that affect the choice of location may not be the same that affect everyday operation.

"Once you're past those first two or three critical years when you're trying to keep it all together, then you start to see the flow of issues and you start to get a better under-

Phase 2

The study is now proceeding to Phase 2, when the consultants will evaluate the results and generate recommendations to improve the appeal of the downtown core as a business environment.

- "We'll be looking to see what options we have as a municipality, what tools do we have available that can change these decisions," said Andre McNeil.

standing for what helps drive business success and what hinders business success," she said.

11 NEWS



Believe In Your Future

Vet Assistant | Paralegal | Small Business
Medical Admin | Accounting | Office Admin

Classes start November 5
Don't be disappointed. Call today!

MaritimeBusinessCollege.ca

145 Ochterloney Street, Dartmouth
463-6516



Cruise passenger. Search for missing American tourist continues

The search for a missing cruise-ship passenger is now getting attention south of the border.

Halifax Regional Police issued a release on Tuesday asking the public to help find Sarah Tessier Powell, 70, who was last seen Sept. 30 aboard the Holland America cruise ship Veendam.

Since then, the ship has made stops in Charlottetown, Sydney and Halifax, and it's believed Powell may have left the ship at some point without being checked by security.

Police spokesman Const. Pierre Bourdages said she is from Louisiana, and media there have picked up the story.

"We believe she is in the



Tourist Sarah Tessier Powell is missing. POLICE HANDOUT

Maritimes somewhere. Where exactly, we're not sure," he said.

There's no evidence to suggest Powell has met with foul play. However, police say she needs regular medication and may become "agitated" without it. **METRO**

138,000 smokes

RCMP make major contraband cigarette bust in Shelburne County

Two men are facing a slew of charges after RCMP in Shelburne County seized more than 138,000 contraband cigarettes.

Members of the Shelburne and Colchester Street Crime Enforcement Units, along with Service Nova

Scotia special investigators, pulled a 2007 Chevrolet Impala over on Highway 104 westbound outside Truro around 10:30 p.m. Tuesday.

Officers found nearly 700 cartons of illegal, unmarked cigarettes in the car and seized them, along with the vehicle.

The two men who were arrested will appear in Shelburne Provincial Court next January to face charges under the Federal Excise Act and Provincial Revenue Act. **METRO HALIFAX**

Nursing homes. Province to switch long-term-care beds to respite care

Nova Scotia's government is going to switch some nursing-home beds to respite-care beds for seniors being looked after at home.

The Department of Health announced Wednesday that eight nursing homes around the province will be switching a total of 44 beds to provide respite care.

The province says in a news release that the beds will be switched as they become available.

The respite beds are available to seniors who receive a high level of care at home.

Seniors can move into them for up to 60 days a year at a cost of \$33 a day, giving caregivers a break. **THE CANADIAN PRESS**

Halifax man charged in senior assault has history of sexual predation

Multiple convictions. Paul Noiles to have bail hearing on Friday

From Springhill

Police say Paul Noiles was living in Halifax, but is originally from Springhill. It's also thought he knew the 84-year-old woman on a casual basis.

A 49-year-old Halifax man made a brief appearance in court Wednesday to face charges of sexual assault causing bodily harm, committing sexual assault, break-and-enter and forcible confinement.

The charges were laid against Paul Noiles on Sunday morning, three hours after the Springhill Police Department received a call that an 84-year-old woman in the town of Springhill was sexually assaulted.

While in Amherst provincial court on Wednesday, Crown attorney Bruce Baxter asked that bail be denied to Noiles. His bail hearing will be held Friday at 9:30 a.m., and Noiles will remain in custody until then.

Noiles has a history of sexual predation.

His most recent conviction was in 2000 when he was convicted of breaking and entering a home and sexually assaulting 71-year-old woman. He was sen-

tenced to eight years' custody for that crime.

He was also convicted of committing sexual assault in 1999 after he was found guilty of committing sexual assault on a 17-year-old girl.

Three years earlier, in 1996, he pleaded guilty to assaulting the same girl when she was 14 years old.

Noiles was also convicted of several crimes in the 1980s.

In 1985 Noiles was sentenced to 23 months' custody after being convicted of break-and-enter with intent, and committing assault on a 62-year-old woman.

Then in 1988 he was sentenced to three years' custody after he was convicted of break-and-enter with intent and committing assault on an 88-year-old woman. **AMHERST DAILY NEWS**



Paul Noiles covers his face while he is led away after a brief appearance in Amherst provincial court on Wednesday. **AMHERST DAILY NEWS**

New owners set to take over Mills store



Mills on Spring Garden Road. **METRO FILE**

Mills department store has a new owner — make that four new owners.

In a release issued on Wednesday night, the popular fashion retailer on Spring Garden Road announced that three lawyers and a Toronto-based physiotherapist are set to purchase the store from Mickey MacDonald's Micco Companies.

MacDonald announced in late July that he was putting Mills up for sale.

Lisa Gallivan, Candace

Thomas and Deanne MacLeod — all partners with the Atlantic Canadian law firm Stewart McKelvey — and Amherst native Katharine Perry are purchasing Mills, a sale that is expected to be finalized Sunday.

"Recently the opportunity to purchase Mills presented itself," Gallivan says. "It seemed like the planets aligned to make this a reality, so we jumped at the chance.... We're set to take Mills to the next level."

PHILIP CROUCHER/METRO

FORD SERVICE

LET US TEST YOUR FORD BEFORE WINTER DOES.

Cold weather demands more of your vehicle. Every part has to work harder to get you where you need to go. Our Ford-Trained Technicians can prepare your vehicle to perform at its best. They'll examine your vehicle from headlight to tailpipe so that when winter does arrive, it fails to make an impact.

TRUST THE EXPERTS WHO KNOW YOUR FORD BEST.



Each of our Ford-Trained Technicians is certified to check more than your Ford's oil and filter. As a complete service package your vehicle will undergo a comprehensive inspection of up to 83-points, including rotating and checking all four tires. So you can drive away knowing everything works the way it should.



THE WORKS*
There's more to it than oil* and a filter.

FOR ONLY
\$59⁹⁹

✓ **COMPREHENSIVE VEHICLE REPORT CARD**

✓ **UP TO 83 POINT INSPECTION**
EVERY HOSE, BELT AND FLUID CHECKED.

✓ **UP TO \$385 FUEL SAVINGS**
WHEN PERFORMED WITH REGULARLY SCHEDULED MAINTENANCE.*



For more details and offers, visit us at your Atlantic Ford Store or atlanticford.ca

All offers expire December 15, 2012. Offers may be cancelled at any time without notice. See Service Advisor for complete details. Applicable taxes and provincial levies not included. Dealer may vary by location. *Applies to single-ear wheel vehicles only. Diesel models not eligible. **Up to 5 litres of oil. †Disposal fees may be extra. ‡Does not apply to diesel engines. †Based on a Ford Focus V6 automatic that has a fuel consumption rating of 10.7/7.0/6.1 km/l (combined city/highway driving) (properly fueled), a one-year driving distance of 20,000 km and \$0.14 per litre for gasoline (based on Environment Canada averages). Improved fuel efficiency and emission reduction levels depend on model, year and condition of vehicle. ††In order to receive a local competitor's advertised price. ‡(a) tires must be purchased and installed at your participating Ford dealership. (b) customer must present the competitor's actual local advertisement (containing the lower price) which must have been printed within 30 days of the sale; and (c) the tires being purchased must be the same brand, sidewall, speed and load ratings as shown in the competitive advertisement. Offer only available at participating Ford dealerships. This offer is valid on the cost of the tire only and does not include labour costs, valve stems, mounting, balancing, disposal, and taxes. Offer does not apply to advertised prices outside of Canada, in relay advertisements, by tire wholesalers and online tire retailers, or obviously, special order, discontinued and clearance/liquidation offers. Limited time offer. Offer may be cancelled or changed at any time without prior notice. See your Service Advisor for details. ©2012 Ford Motor Company of Canada, Limited. All rights reserved.

Courthouse scuffle leads to charges

Incident. Man was being 'belligerent' while being checked by a sheriff at the entrance of the courthouse, police say



PHILIP CROUCHER
philip.croucher@metronews.ca

Police say a man is facing charges after a sheriff was roughed up at the Halifax provincial courthouse on Wednesday morning.

Halifax Regional Police Const. Pierre Bourdages says officers were called to the

courthouse on Spring Garden Road just after 9:40 a.m.

"A male was being checked by a sheriff at the entrance and became belligerent towards them," Bourdages said.

The sheriff was then physically assaulted, according to police, but Bourdages wouldn't say how.

A photo shows the accused grabbing the collar of one of the sheriffs outside of the courthouse.

William Boliver has been charged with uttering threats, assaulting a peace officer, obstructing a peace officer and breach of court orders.

Media reports say Boliver was at court to be a witness

Quoted

"There was an assault that took place."

Const. Pierre Bourdages
Commenting on the incident

in an assault case.

After the incident, Boliver was held at Halifax police headquarters until appearing at Halifax provincial court later in the day to face the charges.

Online

For more local news
go to metronews.ca



William Boliver, a witness in an assault case, struggles with sheriffs shortly after he entered provincial court in Halifax on Wednesday morning. ANDREW VAUGHAN/THE CANADIAN PRESS



RBC Insurance

Cut your insurance costs. Combine car and home plus life.

Some insurance companies let you combine car and home coverage. But not all can save you money the way RBC Insurance® can. Save an average of \$695* per year on coverage for your home and more than one car, plus term life insurance – essential protection for your family.

To get your quote, call 1-877 ROYAL 4-3, go online at rbcsurance.com/save or visit your local RBC Insurance store.

At 287 Lacewood Drive
near Dunbrack Street, Halifax

At 50 Tacoma Drive
near Gordon Avenue, Dartmouth

Insurance advice for your life™

| HOME | AUTO | LIFE | HEALTH | TRAVEL | BUSINESS | RETIREMENT |



Home and Auto Insurance is underwritten by RBC General Insurance Company or RBC Insurance Company of Canada. Life Insurance is underwritten by RBC Life Insurance Company. ©/™ Trademark(s) of Royal Bank of Canada. Used under licence. This offer is only available to residents of Canada. As a result of government-run auto insurance plans, RBC Insurance does not provide auto insurance in Manitoba, Saskatchewan, and British Columbia. Value of multi-product savings are off of our standard rates. Each product must be separately underwritten. *\$650 is the average total savings for RBC Insurance clients in Canada on home and auto insurance when more than one vehicle is insured. \$695 is the average total savings for those same clients when they also purchase a new Term 10 or Term 20 or Term 100 life insurance policy. The savings is only applied to the cost of insurance. This offer is only available for new Term 10 or Term 20, or Term 100 life insurance policies purchased by current "in force" Home and or Auto insurance policy holders and their spouses. This offer can't be combined with any other offer. Certain conditions apply.

Feed Nova Scotia looks to take Great Canadian Food Fight title

National rivalry.

Province's largest food bank launching 48-hour food drive to beat other cities

ANDREW RANKIN

andrew.rankin@metronews.ca

Feed Nova Scotia needs your help to win a food fight: The Great Canadian Food Fight.

No, people won't be lobbing food at each another. Rather, the province's largest food bank will be competing against three other food banks across the country to collect the most food donations over 48 hours.

Feed Nova Scotia executive director Dianne Swinemar says Nova Scotians have a tough opponent in the defending champion, the Regina Food Bank, but she's still hoping to best last year's impressive total of 69,246 kilograms.

If last year's event is any indication, she won't be disappointed. "It was great to watch the community become engaged," she said. "All kinds of different corporate groups pitched in, a hockey team just came in and dove into sorting the food like

Banking on goodwill

Results of the 2011 Great Canadian Food Fight, in kilograms of food donated:

- Regina: 240,800
- Halifax: 69,246
- Victoria: 62,000

it was a race. It was fun watching families when they pulled into the offloading area."

The two-day frenzy gets underway on Thursday at 213 Bedford Highway, from 6 to 9 p.m. Doors reopen on Friday, from 7 a.m. to 9 p.m., and Saturday's finale runs from 7 a.m. to 6 p.m. Food and financial donations can also be dropped off at Office Interiors at 656 Windmill Rd. from 8 a.m. to 5 p.m. on Thursday and Friday. Financial donations can be made online at feednovascotia.ca between 6 p.m. Thursday and 6 p.m. Saturday. Every \$5.50 raised equals one kilogram of food.

No donation is too small. "Some people may think a bag of groceries won't make a difference. It absolutely will make a difference," Swinemar said. "Just a bag of groceries can be a meal for a family. That's what it's all about."



"Some people may think a bag of groceries won't make a difference. It absolutely will make a difference," says Dianne Swinemar, executive director of Feed Nova Scotia. The Great Canadian Food Fight runs Thursday to Saturday at the food-bank warehouse at 213 Bedford Highway. JEFF HARPER/METRO

CAA website aims to help teen drivers improve their skills

Surviving a close call is the big reason why Cynthia Sanchez boasts a clean record after her first year as a licensed driver.

A few years ago, Sanchez, 18, was a passenger in a vehicle being driven by her sister when they veered into a passing lane and struck another car.

Her sister, who was 18 at the time, was turning up the volume of the car stereo and failed to check her blind spot.

The airbags were activated and the car was badly damaged, but the two were safe.

They were lucky. Motor-vehicle accidents are the leading cause of death among teens in Canada. To address that tragic statistic, the Canadian Automobile Association on Wednesday unveiled a national online driving resource at Dalhousie University's Life Sciences Building.

Called DriveRight ([\[eright.caa.ca\]\(http://eright.caa.ca\)\), the comprehensive site targets both teens and parents. According to a recent public-opinion poll conducted by CAA, 46 per cent of Canadians learn how to drive from a family member.](http://drive</p>
</div>
<div data-bbox=)

Sanchez was among a group of teens and parents who showed up at Wednesday's unveiling which served to strengthen her resolve to drive without distraction.

"It only takes a second for

an accident to happen," she said.

The site is loaded with tips that stress obeying the rules of the road and avoiding distractions. It also features a parent-teen contract that spells out rights and responsibilities. For example, the parent must agree to respond at all times to a call or text, while the teen must promise not to take unnecessary risks.

CAA Atlantic spokesman Gary Howard said the site

won't put an end to the accidents overnight, but it's a start.

Insp. Ray Oliver, head of RCMP Traffic Services, was at Wednesday's announcement and said it was timely.

Already this year, Nova Scotia RCMP have issued 1,247 tickets to drivers using cellphones, compared to 1,458 for all of 2011.

"It's about passing on good habits to my teenagers," he said. **ANDREW RANKIN/METRO**

Quoted



"You must be 100 per cent vigilant, because it can change in

a millisecond."

Insp. Ray Oliver, RCMP Traffic Services

Take Time to Check Your Flight

From August to mid-November, runway extension work will be ongoing at Halifax Stanfield International Airport. While this is the best time to complete the construction, extreme weather – such as low visibility or high winds – can potentially disrupt flights during this time. And in Nova Scotia weather conditions can change in a minute.

So if you're visiting Halifax Stanfield International Airport to catch or meet a plane this summer and fall, check with your airline.

Find out more at www.flyhalifax.com





ROGERS
Youth Fund™

With education, anything's possible.™

[illegible]

Education

The world is changing for girls

More girls are going to school than ever before.

In developing regions, 97 girls were enrolled in primary or secondary school for every 100 boys — an improvement over 1999, with 91 girls for every 100 boys in elementary schools and 88 girls for every 100 boys in high schools, according to Plan Canada.

"There's still 75 million girls (of school age, under 16) missing from school," said Rosemary McCarney, president and CEO of Plan Canada. "Of those, 39 million are girls missing from secondary school education."

While Central Asia, Latin America, the Caribbean, Southeast Asia and the Caucasus at the border of Europe and Asia have shown the most progress over the past 10 years, progress for girls' education has lagged in most other parts of the developing world — particularly in Northern Africa, Oceania, Southern Asia, sub-Saharan Africa and Western Asia, according to Plan.

JESSICA SMITH/METRO IN TORONTO

Violence mars first Day of the Girl Child

'Collective sense of horror' 14-year-old advocate of girls' right to education shot



JESSICA SMITH
Metro in Toronto

Oct. 11 was meant to be an international celebration of girls and their right to go to school — but the shooting of a 14-year-old girl who dared to demand an education in Pakistan has brought new urgency, and tragedy, to the cause.

The first-ever International Day of the Girl Child has been recognized by the United Nations for the first time, after years of diplomatic work spearheaded by Canadians and the charity Plan Canada and its Because I am a Girl initiative.

"The celebration is now mixed with our collective sense of horror, that a young 14-year-old girl who simply wanted to go to school has been gunned down," said Rose-

mary McCarney, president and CEO of Plan Canada. "It's a terrible moment in the world that this young crusader, who was doing exactly what every girl in Canada knows is her right, has been harmed."

A gunman shot Malala Yousufzai in the head and neck on a school bus in the Swat Valley Tuesday. The Taliban took credit for the attack, and promised to attack her again — because she is an outspoken advocate of girls' right to education.

Malala has spoken publicly and blogged with intelligence beyond her age since she was 11 years old. Her

struggle for education, however, is not unique.

"Malala is a 14-year-old who just wanted to go to school. She has joined 75 million other girls around the world who are not in school today," said McCarney. "In 2012, there's no excuse. There's no excuse for these girls not to be able to take their rightful place in schools around the world."

The International Day of the Girl Child celebrations will go on. Landmarks, including the CN Tower, Niagara Falls, pyramids in Egypt and iconic buildings around the world, will be lit up

in pink, and long-planned events — including a concert at Dundas Square in Toronto Thursday — will proceed, said McCarney.

It will be a celebration of Malala and all girls, she said.

"There are many other girls around the world — 75 million others — who aren't in school as well, for reasons of violence, because they've been married off, because they've been sold off into labour. For all kinds of reasons," she said.

"This is everyone's problem. Not just the problem of one family and one country. This is all of our issue."

WITH FILES FROM THE ASSOCIATED PRESS

Nine years in school

To mark the International Day of the Girl Child, Plan International launched the **Because I am a Girl** initiative and is calling for girls to get a minimum of nine years of quality education.

- Since 1999, girls have nearly achieved parity with boys in access to elementary school education — and the worst inequalities now persist only in the poorest, most remote and rural pockets of the world, said McCarney.
- According to Plan, every year 10 million girls are forced or coerced into marriage, which often leads to girls leaving school early, as well as an increased likelihood of HIV/AIDS and chance of death during childbirth.



Women hold banners during a protest condemning neck of the 14-year-old girl who was shot by the Taliban is afraid of an unarmed girl."

PLANTING NATIVE TREES:

A manly way to get The Manly Look.



Bring nature back to your city. Get involved at EVERGREEN.CA



Goods • Services • Construction Do you have what we need?

Every business in Nova Scotia has the potential to sell to government.
Come and find out about opportunities for your business!

Supplier Development Reverse Trade Show

Tuesday October 16, 2012

Canada Games Centre (Field House)

26 Thomas Raddall Drive, Halifax

1:00 pm - 4:00 pm

Annually, the public sector spends more than 2 billion dollars on goods, services and construction. Approximately 85 per cent of that is spent locally.

So, on October 16, come and introduce yourself. Put your business card directly into the hands of those who actually do the buying for provincial departments, the broader public sector and the Government of Canada.

Admission to this event is free.

Visit www.gov.ns.ca/tenders/events.aspx to register or for more information
call 424-6577 or e-mail supdev@gov.ns.ca

GreaterHalifax
PARTNERSHIP

NOVA SCOTIA

Canada



the attack on schoolgirl Malala Yousafzai in Islamabad on Wednesday. Pakistani doctors successfully removed a bullet Wednesday from the Taliban for speaking out in support of education for women, a government minister said. The banner on the bottom right reads, "The MUHAMMED MUHEISEN/THE ASSOCIATED PRESS

Research shows men benefit from embracing gender equality

Girls alone can't solve gender inequality — and the Because I am a Girl campaign is about them, too.

"It's fundamental that boys are a part of this," said Plan Canada CEO Rosemary McCarney. "We know that gender inequality doesn't work for boys either, who are forced into very stereotypical, macho, self-perpetuating images of their role in life, to protect and defend girls instead of championing girls' rights to be powerful."

Plan Canada's research found that men who stand up for gender equality can face difficulties in going against the prevailing norms in their countries and some worry about the lack of opportunities for boys as girls' rights increase, according to a 2011 report on boys.

At the same time, Plan found boys and men who have embraced gender equality benefited from the better relations and freedom that come with letting go of traditional, confining definitions of masculinity.

One new program that teaches boys to be men in Canada is Game On, run in schools by the Big Brothers Big Sisters of Canada — and there is a big need for it, said BBBSC



Malala Yousafzai was shot on Wednesday during the first-ever International Day of the Girl Child. The Taliban took credit for the attack. TORSTAR NEWS SERVICE

president Bruce MacDonald.

Through physical activity and the leadership of young men, the program teaches smart and healthy eating and living, and instills respect for socio-economic, ethno-cultural and racial diversity, said MacDonald.

"There needs to be an emphasis on both genders and making sure all kids get the potential to succeed," he said.

JESSICA SMITH/METRO IN TORONTO

Youth can help

Different cultures, same issues

When Nicole Toole went to Kenya, she learned that the girls care about the same issues she does.

"Over there, when I was sitting down talking to the girls the same age as me, they were having the same issues I have, even though we're on two different sides of the world and two different cultures," said Toole, 17, a Plan Canada youth ambassador from Toronto.

She found they had concerns in common about body image and equal pay for men and women.

"Really, when you break it down, what girls wish for the future is the same as in Canada," she said.

Learning about girls not being able to go to school because of their gender has made her want to continue to help girls around the world. METRO

LOOSE CHANGE IS MY KRYPTONITE

INTERAC® DEBIT. PAY IN A FLASH.)))



Loose change is great – for gumball machines. But when it comes to paying for your purchases, it only slows you down. Fortunately, there's Interac Flash™, an enhancement of Interac Debit. It's a faster way to pay for smaller everyday purchases. With Interac Flash instead of cash, it's like you're ready with exact change every time.



interac.ca/flash



Hair, tooth. Man hopes two items will prove Diefenbaker was his dad

The winding saga of a Toronto man's quest to prove former prime minister John Diefenbaker was his father seemed headed for the home stretch Wednesday.

An excited George Dryden said he has found a company that can do DNA tests on hairs that belonged to Diefenbaker, even though they no longer have the roots.

In addition, the museum in Saskatchewan that has the hair has also found a DNA report done on a tooth believed to have belonged to the former prime minister.

Apparently the tooth was destroyed, but the DNA report has now turned up.

The man

Businessman George Dryden bears a strong resemblance to John Diefenbaker.

- **Life.** Dryden claims his mom, Mary Lou Dryden, had an affair with Diefenbaker in the 1960s.
- **Death.** Diefenbaker, always believed to have been childless, died in 1979.

"We've got two irons in the fire," said Dryden, 43.
THE CANADIAN PRESS

Probation problem?

Anti-Muslim film man faces hearing

The man behind an anti-Muslim film that sparked violence in the Middle East denied Wednesday he violated his probation from a 2010 bank fraud conviction. A judge in Los Angeles

scheduled an evidentiary hearing on Nov. 9 for Mark Basseley Youssef.

Youssef, 55, went into hiding when violence erupted in Egypt on Sept. 11.

The film depicts Mohammad as a religious fraud, womanizer and pedophile. The violence sparked by the film killed dozens.

THE ASSOCIATED PRESS

One free, two face Siberia: Pussy Riot court shocker



She's free, but her comrades are not so lucky: Pussy Riot member Yekaterina Samutsevich leaves a Moscow court surrounded by bailiffs on Wednesday.

YURI TUTOV/THE ASSOCIATED PRESS

World activists stunned. Punk band member walks from court on a technicality — her comrades head to a penal colony

One jailed member of the punk band Pussy Riot unexpectedly walked free from a Moscow court Wednesday.

But her two jailed comrades now head toward a harsh punishment — a penal colony, possibly in Siberia.

Nevertheless, the pair squealed with joy and hugged Yekaterina Samutsevich before she was led from the courtroom to be mobbed by

Quoted

"It is a very cold climate for human rights in Russia right now."

Suzanne Nossel,
executive director,
Amnesty International USA

friends and journalists waiting outside on the street.

All three women got two-year sentences in August after they performed a "punk prayer" in Moscow's main cathedral.

Dressed in neon-coloured dresses and tights, they asked the Virgin Mary to save Russia from President Vladimir Putin.

"If we unintentionally offended any believers with our actions, we express our apologies," said Samutsevich, who along with Maria Alekhina and Nadezhda Tolokonnikova spoke in court Wednesday from a glass cage known colloquially as the "aquarium."

"The idea of the protest was political, not religious," Samutsevich added.

She was freed on a technicality: The Moscow City Court ruled her sentence should be suspended because she was thrown out of the cathedral by guards before she could remove her guitar from its case and thus did not take part in the performance.

THE ASSOCIATED PRESS



FLIGHT CENTRE®

Unbeatable

Airfares	Vacations	Seasonal Holidays	Special Offer
Antigua \$570 <small>from incl \$257 base + \$313 taxes & fees</small>	New England Fall Colours, Air + 5-Day Car \$619 <small>from incl \$482 base + \$136 taxes & fees</small>	Montreal New Year's Air + 3 Nights \$628 <small>from incl \$469 base + \$159 taxes & fees</small>	Kids fly FREE* to Florida <small>Book a 7 or 14 night Transat Holidays Florida package by Oct 31, 2012 and kids fly free*. BONUS Kids stay free at most Florida resorts!</small>
Toronto <small>one-way from</small> \$235 <small>incl \$159 base + \$76 taxes & fees</small>	INCLUDES roundtrip Boston airfare and 5-day car rental to explore the Fall foliage of New England.	INCLUDES accom near the Old Port over New Year's Eve. BONUS daily breakfast included. UPGRADE to 4-star accom from \$10 per night.	
New York <small>from</small> \$406 <small>incl \$278 base + \$128 taxes & fees</small>	Miami Air + 3 Nights <small>from</small> \$659 <small>incl \$526 base + \$133 taxes & fees</small>	Quebec City Winter Carnival Air + 3 Nights 4-Star <small>from</small> \$814 <small>incl \$627 base + \$187 taxes & fees</small>	Long Stays
Boston <small>from</small> \$635 <small>incl \$500 base + \$135 taxes & fees</small>	INCLUDES Miami Beach accom. BONUS daily breakfast included. UPGRADE to 5-star accom from \$15 per night. ADD culinary walking tour with lunch from \$80.	INCLUDES accom near the Old City. ADD guided city tour from \$50.	
Cancun <small>from</small> \$702 <small>incl \$578 base + \$124 taxes & fees</small>	Hawaii Island Hopper Air + 7 Nights <small>from</small> \$1549 <small>incl \$1419 base + \$130 taxes & fees</small>	Prague Christmas Markets Air + 7 Nights <small>from</small> \$1444 <small>incl \$834 base + \$610 taxes & fees</small>	Cancun Air + 21 Nights \$1569 <small>from incl \$1397 base + \$172 taxes & fees</small>
Las Vegas <small>from</small> \$739 <small>incl \$593 base + \$146 taxes & fees</small>	INCLUDES all airfare, 3 nights Maui accom and 4 nights Oahu accom.	INCLUDES accom near shopping and entertainment. BONUS daily breakfast included.	INCLUDES accom at a beachfront resort in the heart of Cancun's hotel zone.
Costa Rica <small>from</small> \$799 <small>incl \$490 base + \$309 taxes & fees</small>	Buenos Aires Air + 7 Nights 4-Star <small>from</small> \$1984 <small>incl \$1475 base + \$509 taxes & fees</small>	All-inclusive Vacations	
Hong Kong <small>from</small> \$1099 <small>incl \$705 base + \$394 taxes & fees</small>	INCLUDES accom in the Recoleta district. BONUS daily breakfast included. ADD tango show for \$72.	Cayo Coco 7 Nights 4-Star <small>from</small> \$888 <small>incl \$799 base + \$89 taxes & fees</small>	Fort Lauderdale Air + 21 Nights <small>from</small> \$1499 <small>incl \$1367 base + \$132 taxes & fees</small>
Paris <small>from</small> \$1179 <small>incl \$547 base + \$632 taxes & fees</small>	Vietnam Air + 7 Nights <small>from</small> \$2024 <small>incl \$1434 base + \$590 taxes & fees</small>	Mayan Riviera 7 Nights 4-Star <small>from</small> \$1094 <small>incl \$775 base + \$319 taxes & fees</small>	INCLUDES resort-style accom near Hollywood Beach.
Buenos Aires <small>from</small> \$1189 <small>incl \$619 base + \$570 taxes & fees</small>	INCLUDES central accom in Ho Chi Minh City. BONUS daily breakfast included.	Dominican Republic 7 Nights 4-Star <small>from</small> \$1099 <small>incl \$720 base + \$379 taxes & fees</small>	
Bangkok <small>from</small> \$1359 <small>incl \$859 base + \$500 taxes & fees</small>			


1 866 485 7093


Join our Insider Club for hot deals. Text YHZ to 131 600


flightcentre.ca


Visit us in store.



Conditions apply. Ex: Halifax. Air only prices are per person for return travel unless otherwise stated. Package, cruise, tour, rail & hotel prices are per person, based on double occupancy for total length of stay unless otherwise stated. All-inclusive vacations include air. Prices are for select departure dates and are accurate and subject to availability at advertising deadline, errors and omissions excepted, and subject to change. Taxes & fees include transportation related fees, GST/HST and fuel supplements and are approximate and subject to change. *Price is per person based on quad occupancy (2 adults & 2 kids ages 2-17). *Kids fly free (ages 2-17) valid on select Transat Holidays package bookings to Ft. Lauderdale and Orlando made by October 31, 2012 for travel May 1 - 18, 2012, Jun 3 - Feb 20, 2013 and Mar 21 - May 1, 2013. Applicable to 7 and 14 night packages only and select flight/dates of the week. Kids 2-17 years pay taxes, see child fare per paying adult. Offer is subject to change and may be withdrawn at any time without notice by the supplier. Valid on new bookings only. Not combinable with any other offers, discounts or promotions. Additional restrictions may apply. *We will beat any website quoted airfare by \$1 and give you a \$20 voucher for future travel. *The "free" offer applies only where all "Lowest Airfare Guarantee" criteria are met but Flight Centre does not bear quoted price. Additional important conditions apply. For full terms and conditions visit www.flightcentre.ca/lowestairfareguarantee-flyline.

Soprano to hit high notes in space mission

A Starship Trooper. British singer Sarah Brightman poised to become first recording artist in space

Sarah Brightman, the world's biggest-selling soprano, says she has booked a trip to the International Space Station.

Brightman, who had a hit

in 1978 with I Lost My Heart to a Starship Trooper, will become the first recording artist in space.

The British singer said Wednesday that after touring the world in 2013 for her new album, Dreamchaser, she will spend six months in Russia's Star City cosmonaut training centre.

Brightman, a UNESCO ambassador, said the trip would also serve as a way to promote the UN agency's

Expensive flight

"Part of the cost will be coming from myself."

Singer Sarah Brightman talks about the cost of her flight to the international space station which some sources say will cost her \$51 million

message, in particular by encouraging women's education in the sciences and environmental awareness.

She hinted at the possibil-

ity of doing a promotional "space concert."

Brightman teamed up Space Adventures, a company that organizes trips for private space explorers.

The first leg of her world tour kicks off in Canada next January — and Brightman says there's a reason for that.

She told The Canadian Press it was one of the first countries that picked up on her when she started out as a solo recording artist.

"It's dear to my heart, and also my grandfather on my mother's side and my great-grandparents made the journey across to Saskatchewan and they lived there as farmers," she said in an interview from Moscow.

No date has been set for her space odyssey to the International Space Station, but Brightman said she's looking at between late 2014 and early 2015.

THE CANADIAN PRESS



British singer Sarah Brightman
MIKHAIL METZEL/THE ASSOCIATED PRESS

Taming of the Dragon. Canadarm snares cargo ship for space station

Canada's robotic arm on the International Space Station was put to work Wednesday when it grabbed a cargo ship that arrived at the orbiting space lab.

The unmanned capsule, built by California-based SpaceX, brought supplies to the space station — the first official shipment under a billion-dollar contract with NASA.

The SpaceX cargo ship, called Dragon, eased up to the orbiting lab, and station astronauts reached out with the Canadian robot arm and snared it.

Then they firmly latched it down.

"Looks like we've tamed the Dragon," reported space station commander Sunita

Williams. "We're happy she's on board with us."

Williams thanked SpaceX and NASA for the delivery, especially the chocolate-vanilla swirl ice cream stashed in a freezer.

The linkup occurred 400 kilometres above the Pacific, just west of Baja California, 2 1/2 days after the Dragon's launch from Cape Canaveral, Fla.

"Nice flying," radioed NASA's Mission Control.

It's the second visit by a Dragon capsule to the orbiting lab.

The first was a test flight last spring.

The \$1.6-billion contract between SpaceX and NASA calls for 12 shipments.

THE CANADIAN PRESS

Hotel murder

Charges upheld in deadly-buttocks-enlargement case

A Philadelphia woman known as "the Black Madam" performed deadly cosmetic surgery on a London dancer in an airport hotel room, then used Crazy Glue to close the wounds and fled when the client went into respiratory distress, witnesses testified Wednesday.

A judge upheld a third-degree murder charge against Padge Gordon after the woman's friend testified about getting silicone injections to enlarge their buttocks in February 2011.

Delaware County Medical Examiner Frederic Hellsaid told the court 20-year-old Claudia Aderotimi died of a pulmonary embolism.

Police believe Gordon has performed at least 14 cosmetic surgeries, moving locations and using different names to avoid detection.

THE ASSOCIATED PRESS

Primate castaway

Traps set after wayward monkey bites woman

Wildlife officials in Florida say the mystery monkey of Tampa Bay bit a woman during an unprovoked attack in St. Petersburg.

Florida Fish and Wildlife spokesman Gary Morse says the woman was sitting outside Tuesday when the monkey bit her on the back.

The Tampa Bay Times reports wildlife officials sent a trapper to the area.

The wild rhesus macaque has become famous in the Tampa Bay area. It has a Facebook page and has been featured on Comedy Central's Colbert Report. The elusive monkey has been spotted numerous times in the Tampa Bay area in recent years.

Officials have warned the public against feeding the monkey. Officials believe the monkey was cast out of a colony in Silver Springs near Ocala.

THE ASSOCIATED PRESS



RBC Royal Bank

Knock 1/2% off your home equity credit line.



Switch and drop 1/2% instantly.

We'll even cover your switching costs*.

Switch to an RBC Homeline Plan® credit line at 3.5% (prime + 1/2%). You could save as much as \$5,000 in interest payments†. Get your rate in shape today.

Speak with an RBC Royal Bank® mortgage specialist today.
1-866-864-0420

Advice you can bank on™

*We will pay the basic title insurance fee, processing fee and one discharge fee (up to \$300 maximum). Offer excludes mortgage prepayment charges that you may have to pay. Minimum advance \$50,000. †Savings based on \$100,000 secured line of credit with interest being paid over 10 years comparing a 3.5% and a 4.0% annual interest rate. The interest rate will fluctuate with the Prime Rate and is subject to change at any time without notice. Rate is effective as of September 4, 2012. This product is provided by Royal Bank of Canada and is subject to its standard lending criteria. ©/™ Trademark(s) of Royal Bank of Canada. RBC and Royal Bank are trademarks of Royal Bank of Canada.

Bomb-making items found after anti-terror probe



A hooded French police officer on Wednesday leaves a building in Torcy, east of Paris, where authorities discovered bomb-making material after a breakup of a suspected terrorist cell last week. THIBAUT CAMUS/THE ASSOCIATED PRESS

France. Recovered materials like sulphur, potassium nitrate linked to terror cell suspected of attack on kosher grocer

French police discovered bomb-making materials in an underground parking lot near Paris as part of a probe of an "extremely dangerous terrorist cell" linked to an attack on a kosher grocery, a state prosecutor said Wednesday.

Interior Minister Manuel Valls said some of the 12 suspected cell members arrested over the weekend appeared to have plans to go to Syria to fight in its civil war. Valls, quoted in an interview posted Wednesday on the website of Paris Match magazine, said

some had "unquestionably" spent time in Tunisia and Egypt. He did not elaborate.

Paris prosecutor Francois Molins said the discovery of the bomb-making materials late Tuesday in Torcy, east of the capital, led authorities to invoke a rarely used legal clause to allow them to extend questioning of the 12 suspects by a day, possibly two.

Authorities have been on high alert for possible terror attacks by radical Islamists after a Frenchman who claimed links to al-Qaida shot and killed three Jewish children, a rabbi and three paratroopers in southern France in March.

A counterterrorism official, speaking on condition of anonymity because he was not authorized to speak on the matter, said authorities were working to try to verify

Quoted

"We haven't slept for the three days since they arrested somebody here."

Jacqueline Pierre-Brebois, resident of building where explosive items were found

a possible link to Syria.

The case amounts to one of the biggest breakups of a suspected Islamic terror cell in years in France, and the international link revived memories of the height of the Iraq war in the mid-2000s — when counterterrorism authorities dismantled a string of feeder cells that sent or plotted to send fighters to join the combat against U.S.-led allied forces there.

THE ASSOCIATED PRESS

England

Did terrorist suspects hold journalists captive?

British police are investigating Wednesday whether a man and woman arrested on suspicion of supporting terrorism offences in Syria were part of a group that held two veteran journalists hostage in Syria in July.

The abduction of the photographers highlighted concerns that British Muslims might be slipping into Syria to join extremists. Both said after their ordeal that some of their captors spoke with British accents.

THE ASSOCIATED PRESS

Airport. Man silent on suitcase full of weapons

A man arrested at Los Angeles International Airport wearing a bulletproof vest and flame-resistant pants is not co-operating with federal officials working to discover why he was headed to Boston with a suitcase full of weapons, authorities say.

Yongda Huang Harris, 28, was taken into custody recently during a stopover on a trip from Japan when U.S. Customs and Border Protection officers reported noticing he was wearing the protective gear under his trench coat, triggering a Homeland Security investigation.

A search of Harris' checked

luggage uncovered numerous suspicious items, including a smoke grenade, knives, body bags, a hatchet, a collapsible baton, a biohazard suit, a gas mask, billy clubs, handcuffs, leg irons and a device to repel dogs, authorities said.

Harris has not co-operated with authorities attempting to interview him, according to a U.S. official who spoke on condition of anonymity to discuss an open investigation Tuesday.

The official said Harris, who was taken into custody Friday, is not believed to be linked to a terrorist organization. His motive, however, has not been determined. THE ASSOCIATED PRESS

Martock

CLEVE'S LODGE SALE

COOL DEALS

IN THE MARTOCK LODGE

Friday	Oct. 12:	5pm - 9pm
Saturday	Oct. 13:	9am - 5pm
Sunday	Oct. 14:	9am - 5pm

UP TO 60% OFF

EVERYTHING SKI SKIS • SKI BOOTS • GOGGLES
SNOWBOARDS • HELMETS

ALL WINTER APPAREL 50% OFF

Deals on Atomic, Burton, Rossignol, Salomon, Head, Columbia, Bonfire, The North Face, Roxy, Liquid and MORE!

CLEVE'S Source for sports.

SKI MARTOCK LOCATION ONLY WINDSOR, NS

Some restrictions may apply. All sales are final



President Barack Obama speaks during an event on Monday in San Francisco. NOAH BERGER/ASSOCIATED PRESS PHOTO

Democrats fret as Obama's campaign stalls

Debate hangover. Dismal poll results have longtime party stalwarts worried as Romney makes gains with traditional base

It's more than President Barack Obama's lacklustre debate performance that has some Democrats on edge a month from Election Day.

Party loyalists, in Washington and in battleground states, are fretting that Obama's

campaign has been slow to rebound after Republican Mitt Romney's commanding debate. They're worried that the Democratic ticket isn't aggressive enough in blocking Romney's post-debate pivot to the political centre. And they fear Romney's new effort to show a softer side gives the Republican nominee an opening with female voters, who are crucial to the president's re-election prospects.

"I'm not feeling very positive," said Awilda Marquez, a prominent Democrat in Colorado. "I know that it's only the first debate, but he can't seem

to change the relentless negative coverage. Romney has been able to take control."

Obama's campaign says it's sticking to its home-stretch plan and doesn't expect major strategy changes. Nevertheless, the president and his aides are seeking to reassure anxious Democrats that key factors are still in their favour.

"By next week, I think a lot of the hand-wringing will be complete because we're going to go ahead and win this thing," Obama said in an interview with radio host Tom Joyner. **THE ASSOCIATED PRESS**

Both candidates talking tough as debate looms

Republican presidential candidate Mitt Romney tried to win Ohio voters Wednesday by promising new jobs, while President Barack Obama urged his supporters to stay focused even though he admitted he lost his first debate because he said he "was just too polite."

Romney was spending a second day in Ohio Wednesday, a must-win state, as he tries to build on a shift in momentum that has him closing in on Obama after the incumbent's dismal performance in last week's debate.

"I think it's fair to say we will see a little more activity at the next one," Obama said in a radio interview as he looked forward to the second of three debates planned for later this month.



New Jersey Gov. Chris Christie, left, introduces Mitt Romney during a stop Wednesday in Mount Vernon, Ohio. TONY DEJAK/ASSOCIATED PRESS PHOTO

With polls showing the close race drawing tighter, voters still say the U.S. economy is uppermost in their minds as the Nov. 6 election moves into its final month.

The Romney campaign has new hope that they can

win over working-class voters after his sharp debate performance last week. A new CNN poll showed Obama leading Romney 51 per cent to 47 per cent among likely Ohio voters, depicting a tighter race. **THE ASSOCIATED PRESS**

SIGN-UP
FOR FREE

IT'S SHOP TOBER, GET
\$10 CASH REWARDS
ON YOUR FIRST \$25 PURCHASE

Together with you, we are building Canada's largest shopping destination. With millions of products, free shipping, free returns and up to 2.5% cash Rewards, SHOP.CA has something for everyone.



VISIT **WWW.SHOP.CA**
AND START SHOPPING MILLIONS OF PRODUCTS
PLUS FREE SHIPPING!
SOME CONDITIONS APPLY

SHOP • CA™

SHOP & EARN, EVERY TIME!™



SHOP.CA IS BUILT FOR CANADIANS BY CANADIANS

Got great products to sell? Contact supplier@shop.ca

It's a go — or is it? Skydiver sets new date with destiny

Sunday or Monday.

But will Mother Nature allow intrepid Felix Baumgartner to make a 37-kilometre supersonic free fall?

He's ready for a supersonic free fall. But will Mother Nature let him?

Extreme athlete Felix Baumgartner hopes to make a second attempt to achieve a 37-kilometre skydive over New Mexico on Sunday or Monday.

Baumgartner aborted his first attempt Tuesday due to high winds.

His team had hoped the weather would allow him another try Thursday.

But now they're looking at the next window between Sunday or Monday.

Baumgartner is hoping



Felix Baumgartner was suited up before his mission was postponed on Tuesday. THE ASSOCIATED PRESS

The balloon is so delicate it can take off only if winds on the ground are two m.p.h. or less.

Baumgartner is disappointed "like the rest of us" but is taking a couple of days of critical downtime, his high-performance athletic trainer, Andy Walshe, said Wednesday.

Team meteorologist Don Day noted during a media briefing at the Roswell launch site that weather delays are common in stratospheric ballooning.

"It takes a lot of patience," said Joe Kittinger, a former U.S. air force captain whose free-fall record Baumgartner is trying to break.

In his 1960 jump, Kittinger reached 614 m.p.h., or Mach 0.9.

Baumgartner, a former military parachutist from Austria, hopes to reach 690 m.p.h., or Mach 1.

THE ASSOCIATED PRESS



Two killed in deadly cascade of concrete

"It fell to the ground like a house of cards." That's how eyewitness Victoria Buczynski described the collapse of a parking garage under construction at a community college in Miami on Wednesday. Two people were killed and two others were trapped in the rubble — here, being surveyed by a rescue worker. One person was pulled from the debris, but there was too much concrete around to immediately rescue the other one, who was being treated by a doctor and a paramedic. At least 10 other workers were injured. LYNNE SLADKY/THE ASSOCIATED PRESS

Body stolen

Who knew? Dead man was drug boss

Mexican marines at first had no idea they'd killed the leader of the country's

most-feared drug cartel in a gunfight, the navy said Wednesday.

Rear Admiral Jose Luis Vergara said Heriberto Lazcano's body was left at a funeral home along with the body of accomplice after

Sunday's gunfight because marines believed he was just a common criminal.

Vergara said authorities only realized they had killed a significant figure when armed men stole the body.

THE ASSOCIATED PRESS



wicker emporium
feel at home

Grand Opening

Brand new Bedford Commons location
181 Damascus Road, Unit 7
Store opens at 9am, Saturday October 20th

Giveaways & prizes throughout the day

Spin the wheel and win up to 30% off on products all day.

If you purchase any product, you will be entered into our raffle to win a \$200 gift card and many more prizes.

Syrian plane forced to land in Turkey

Suspicion. Jet lands at Ankara airport as tensions between the neighbours mount

Turkish jets on Wednesday forced a Syrian passenger plane to land at Ankara airport on suspicion that it may be carrying weapons, officials and news reports said.

State-run TRT television said an Airbus A320 coming from Moscow was intercepted by F-16 jets as it entered Turkish airspace and escorted to the capital's Esenboga Airport. The station said authorities grounded the plane on suspicion that it was carrying heavy weapons.

Foreign Ministry Spokesman Selcuk Unal confirmed that a Syrian plane was forced



Turkish Chief of Staff Gen. Necdet Ozel, right, inspects troops along the border with Syria Tuesday.
THE ASSOCIATED PRESS

to land. "We asked a Syrian civilian plane to land," he said in an email. "We are investigating."

Turkish Foreign Minis-

ter Ahmet Davutoglu, interviewed by Turkey's state-run TRT television in Athens, said that the plane was forced to land because of information that it may have been carrying "certain equipment in breach of civil aviation rules."

Earlier Wednesday, Turkey's military chief vowed to respond with more force to any further shelling from Syria, keeping up the pressure on its southern neighbour a day after NATO said it stood ready to defend Turkey.

Gen. Necdet Ozel was inspecting troops who have been put on alert along the 910-kilometre border with Syria after a week of cross-border artillery and mortar exchanges escalated tensions between the neighbours, sparking fears of a wider regional conflict.

THE ASSOCIATED PRESS



Irving Shipbuilding Inc. is part of the J.D. Irving Group of companies and is in the business of building quality ships and repairing vessels. The company's primary site is Halifax Shipyard, with three other locations in the Maritime Provinces. Irving Shipbuilding is currently working on a number of significant projects for the Department of National Defence and the Canadian Coast Guard. The company's commitment to health, safety and care for its employees and the environment is an integral part of its business.

We are currently recruiting for the following positions:

TRADESPEOPLE and APPRENTICES:

- Ironworker
- Spray Painter/Blaster
- Welder

STAFF and MANAGEMENT:

- Preventative Maintenance Supervisor
- Electrical Supervisor
- Steel Supervisor

All successful applicants must meet requirements for Canadian Controlled Goods Program (CGP), Canadian Government Security clearance, and U.S. International Traffic in Arms Regulations (ITAR).

Qualified applicants may apply online to these and other opportunities at:

www.IrvingShipbuilding.com

Irving Shipbuilding is an equal opportunity employer



*Use your mobile phone
to call anywhere in the world*



Unlimited Canada

Unlimited Canada
wide calling **\$5**



Cuba
89.9 Cdn



Croatia
2.9 Cdn



Mexico
1.9 Cdn



Venezuela
1.9 Cdn



Philippines
10.9 Cdn



Kazakhstan
4.9 Cdn



Bangladesh
3.9 Cdn



Dominican Republic
3.9 Cdn



Ukraine
8.9 Cdn



Israel
1.9 Cdn



Vietnam
3.9 Cdn



Iran
4.9 Cdn

Limited Time Offer:

\$25 FREE

- No contracts
- No Commitments
- Satisfaction guaranteed

No questions asked... Just FREE long distance!



1-866-519-8090

www.comwave.net

While Comwave strives for accuracy in our advertising, Comwave reserves the right to correct any error in pricing or information at any time. LONG DISTANCE: Lifetime Rate Guarantee is based on competitors lowest advertised rate for the services. Comwave will not rate match against charity or internet services, bundled minute plans or prepaid calling cards due to their unique billing criteria. \$25 free provision is applied \$5 per month for 5 months. No minimum usage required. Calls to Domestic Mobile Phones may be billed at a higher rate. Terms and conditions apply, see www.comwave.ca for details.

She's got the look



Top, Audrey Tannant of the Adult Safe Hockey League's Ice Queens has a beer in the dressing room following a night match last week at 8 Rinks in Burnaby, B.C.

JENNIFER GAUTHIER/FOR METRO

1 Cheap swill is just fine.

There is a reason it's not called a water league. Is there anything more satisfying than that first icy-cold (or even lukewarm) sip after a mid-week, midnight ice time? The best part is that it doesn't even have to be a decent beer. In fact, one might argue, the cheaper the better. After the hard-fought on-ice battle — the war — you've just gone through, even the cheapest swill is transformed into liquid gold.

2 Nuts to fashion.

So the socks don't match. Where am I, in a boardroom? At somebody else's boring wedding? If they have time to judge, they're not skating hard enough. And those aren't rips — they're speed holes, man. Watch me fly.

3 Street clothes — ahhhhhh!

The game is done. It's late and it's time to go home. As much as you'd like to wear your gear home, you're no longer eight years old. But on the plus side, when have your clothes ever felt as good? What happened while you were on the ice that transformed your tired threads into some sort of wonder cloth? Ahhhhhh!

METRO IN VANCOUVER

Beer-league bonanza: Any time is hockey time

Sure, the NHL's regular season was supposed to start today. It may be on ice, but there's just no stopping the hordes of hockey-mad folks across the country so devoted to their local beer leagues they'll pay big bucks to play. They're drawn by the leagues' time-tested mix of camaraderie and competition — all topped off by the obligatory post-match drinks

ANDREW CALEY
halifax@metronews.ca

A player streaks down the left side of the ice towards the net, about to put a move on the goalie.

Splat. He falls to the cheers and laughter of roughly 40 friends, teammates and opposing players. That's just how it goes in the Halifax Recreational Hockey League, says James Watts.

"Sometimes getting to heckle your buddies is the best part," laughs Watts, captain of the Panthers and part of the league since its inception in 1992.

The HRHL is a six-team draft league for players aged 30 and up. Every year in early September the registered players gather for a draft, where they get selected to one of the six teams — and that's part of what makes the league so great.

"The guy who greased you last year, may be your line-mate this year," Watts says with a smile.

The league, in its 21st season, gathers at Centennial Arena in Fairview every Friday night, where the majority of the guys come for



Players in the Halifax Recreational Hockey League watch the action from the bench on Friday night at Centennial Arena.

ANDREW CALEY/METRO

all three games. Players' experience ranges from major junior to guys just out for a

skate.

"Other leagues may be a little more quality, but

this one's the best because of the quality of the guys," says player Bob Webber.

Quoted

"You play hockey as a kid thinking you were going to make the NHL. Now this is our NHL."

Bob Webber

Webber, who has been running the HRHL for five years, explains it's the group's passion that has made the league so successful.

"The commitment is great. Some guys think they're going to make the NHL, some are here just for the beer and everyone else is in between, many guys are here for all of the games no matter when they play."

Watts agrees. "It's hockey. We love everything about the league. We have put so much into it, that's why everybody get so much out of it."

Online

For more, visit
metronews.ca



Pilot project

Hockey Nova Scotia is kicking off Year 3 of a pilot project that gives African-Nova Scotian children who would not normally have the chance to play hockey an opportunity to learn.

The Black Youth Ice Hockey Initiative Program runs each week for 18 weeks for kids aged four to eight. It includes a 60-minute on-ice session and a 15-minute classroom session. The program provides gear and ice time for free.

"It's a great program for kids that have never played the game," says Darren Cossar, executive director of Hockey Nova Scotia.

"Hockey Nova Scotia is always looking for ways to introduce the game to all who want to play. The kids learn the basics of hockey in the first year before moving on to more organized levels."

Other goals of the program is to introduce hockey as a sports option and increase the number of youth from under represented backgrounds and cultures and other minority groups in Nova Scotia.

ANDREW CALEY/FOR METRO

Go big and go home. Up the ante with a kick-ass backyard rink

Competition among Ottawa backyard rink rats may be friendly, but it's undoubtedly high-calibre. Exhibit A: Barrhaven's Willie Klentz, who takes over two backyards, hosts a tournament and installs boards and painted bluelines.

But never fear — beginners can aim for something a bit more modest. Ottawa father of two Chris Foss says he started out with a small 10-by-10-foot rink, and this year will upgrade to a 12-by-24-foot model. Foss says he starts levelling out the ground in mid-November if needed, then constructs a wooden perimeter to which he can staple a tarp. He uses pressure-treated two-by-10-foot boards for the perimeter and deck brackets, and screws to join them together.

"Then it sits and we wait until it gets to be about -10 C. Then you flood it, but you have to go slow — only freeze about an inch at a time," he advises. Go any faster, he says, and it can lead to a frozen shell on the surface and water underneath.



Left, Chris Foss's sons Alexander, 3, and Brenden, 5, play on the 2011-12 edition of their Ottawa backyard rink. CHRIS FOSS Right, Barrhaven resident Willie Klentz shows off the elaborate rink he constructed on his backyard and that of his neighbours. MIKE CARROCCETTO/FOR METRO

To do the flooding, he went to Home Depot and bought a hose that can withstand hot water; he runs it from a tap in his basement laundry room out a window to the rink.

Foss aims for about a five-inch-thick ice sheet, but says three inches is enough. It's usually ready a few

days before Christmas, he says, adding that maintenance amounts to clearing off snow and the occasional re-flooding. He recommends an Ottawa invention, a miniature ice resurfacer available at rinkmakerpro.com, for an extra-smooth surface.

SEAN MCKIBBON/METRO IN OTTAWA

Why are we so passionate about hockey?

"It's who we are in our eyes and in the eyes of others around the world. Despite the rivalries between teams, hockey still manages to bring the people of this country together.... No other sport is as ingrained into the Canadian identity and Canadian history as is hockey."

Lori Dithurbide, assistant professor at Dalhousie University with a PhD in sport and exercise psychology

Rink rage

Mr. D's not just another pretty face in beer leagues



Gerry Dee, an award-winning comedian who has a new book out and is set to go on tour, says he avoids playing "risky" sports like beer-league hockey at least a month before filming. CONTRIBUTED

When NHLers get a black eye or a cut on their face, they don't have to explain it at work the next day. But it's a different story for beer-league hockey players like Gerry Dee.

Dee, an award-winning comedian and star of CBC Television's hit sitcom *Mr. D*, runs the risk of going on camera looking like he got into a bar fight every time he plays beer-league hockey.

"My job is my face, really — my face and my voice," says Dee after recalling some of the bumps and bruises he's racked up over the last decade.

It's bound to happen. When adrenaline's pumping in a rink chock full of men, injuries and minor scuffles tend to happen. Dee says one incident he recalls most was a fight with Metro's photo editor Dave Starrett a few years ago.

Tempers flared, a fight(or altercation, as Starrett stresses) ensued.

"I remember being able to pull his helmet around his face. And, it was funny, he was screaming, 'Not my face! Not my face!'" says Starrett. "I remember that more than anything else in this whole event."

Dee ended up rushing to an emergency dentistry clinic to fix a loose tooth that was "hanging by a thread" before going home with a swollen lip and all the less-than-subtle dental wiring.

"I had wires across my teeth, my lips were black and blue," he says. "It was the night before my wife and I were taking my daughter to Disney World."

But Dee says the thought of keeping his face intact for professional purposes never even crossed his mind at the time. Besides trying to save his tooth, nothing else matters when tempers are running high, he says.

"Your temper gets the best of you," he says. "Your instinct is to go back and fight. It depends on the situation, I guess. Now I've got a TV show — I can't have a busted jaw."

While Dee had time to heal on vacation after the incident with Starrett, he says he now takes more precautions and avoids any "risky" activities a month before he starts filming. But even if he did get a black eye, Dee says it's not something he'd try to hide.

"What am I going to do, put a patch on my eye? You can get a black eye from getting a puck in the face. It doesn't always mean it's a fight. It could be from a stick or puck," he says. "It's not the end of the world. It's Canada — we're used to it.... Most guys in this country have played beer-league hockey and have some sort of battle scar from a puck, a fist or a stick, or the boards, as I've had happen." **PHOEBE HO/FOR METRO IN TORONTO**

Sacrificing Zs for late-night puck time

No NHL pampering for pickup players

In Canada, ice time at local rinks is a prized possession. It's especially scarce for those who fall under the post-minor or hockey umbrella.

Because of that reality, men's and women's pickup leagues — commonly referred to as "beer leagues" — tend to rent during

less-desired time blocks.

Adam Couston, a 25-year-old from London, Ont., who signed up for two recreational leagues this winter, will step onto the ice twice a week at 11 p.m.

Sometimes he won't be home until 1 a.m., eliminating the possibility of a good night's sleep. When you tack on the obligatory wind-down period before being able to fall asleep,

you're looking at long-term nap territory.

"The one summer I was working from 6 a.m. to 6 p.m., so I would be working a 12-hour shift after playing late the night before," Couston said, adding he's been guilty of sleeping through classes in the past. But work is different, he says: "You've gotta go."

In the end, a lack of sleep is merely the non-monetary price to pay.

JOHN MATISZ/METRO IN LONDON



Psyched to win

Playing dirty keeps the goals coming — or so local players believe

Metro asked players in the Halifax Recreational Hockey League what, if any, superstitions they had when it came to hockey.

The general consensus was players wouldn't wash their gear if they were on a winning streak, or a scoring streak. **METRO**

Net worth. Goalie makes the grade

In hockey circles, many say it's the hardest position.

Well, at least to fill with a body in a beer league.

"A big reason why I play in net is because I got the gear for free," says Trevor Lamoureux as he gazes over his well-used equipment. "My buddy hurt his knee and just gave it to me."

The equipment can be pricey, the position a honed skill, and yet a huge reason why the goaltender spot is the hardest to fill in any rec league remains beyond the obvious.

"No one is foolish enough," says the 33-year-old carpenter and concrete worker while cracking a smile. "You have to be reliable in net. When I can't make it, they have to find another goalie. That can be tough. Thankfully, this year I haven't missed one yet."

And like many rec leaguers, Lamoureux is just biting the bullet for the betterment of his team.

"Nobody else would go in net, so I did. It's funny. I'd rather play out when I'm in net, and play in net when I'm out. You don't have to be relied on so much when you

play out. You go out and do your shift and come back to the bench. You always have to be reliable in net.

**DARRIN BAUMING/
FOR METRO IN WINNIPEG**



Trevor Lamoureux said he became a goalie after inheriting the equipment. **DARRIN BAUMING/FOR METRO**

Ice time for all

\$8.7M

Sidney Crosby's 2012-13 NHL salary: \$8.7 million.

Hockey Nova Scotia registration for minor hockey: \$600 a year (estimate).

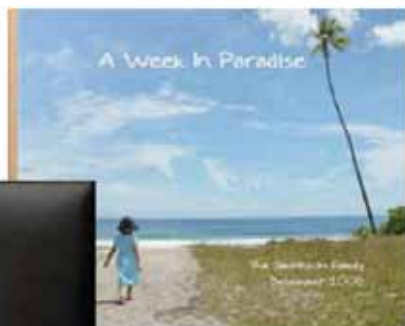
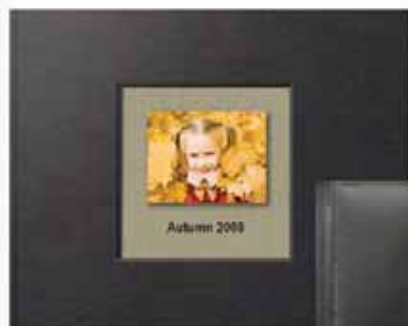
Do the math, and Crosby's salary could pay for 14,500 kids to play hockey for free.

The Pittsburgh Penguins' Sidney Crosby

THE CANADIAN PRESS FILE



50-90% Off Local Daily Deals



picaboo

From

\$25

UP TO 67% OFF PERSONAL KEEPSAKES
FROM PICABOO (2 OPTIONS)

PICABOO

MULTIPLE OFFERS AVAILABLE

UP TO 57% OFF MEN'S & WOMEN'S RAZOR BLADES
BUY-RAZORBLADES.COM



MULTIPLE OFFERS AVAILABLE

UP TO 54% OFF AUTO MAINTENANCE PACKAGES
NATIONAL RADIATOR



BUY FOR: \$23

71% OFF ADULT HALLOWEEN COSTUMES
NEXTSTATUS



Unique Getaways Within Reach

Jaunt getaway and vacation packages are carefully designed to help you explore vibrant cities, experience new places and discover the world.



Follow Us: @gojaunt facebook.com/GoJaunt

Visit: **WagJag.com**

Follow us:



facebook.com/wagjag
@wagjag

Print still rules in Canada, but ebook sales are surging

Publishing. Report released by BookNet Canada also finds more and more books being bought outside of conventional bookstores

Surging ebook sales now represent an estimated 16.3 per cent of the overall book market in Canada, a figure that caught even some industry watchers by surprise.

A new report by the non-profit industry group BookNet Canada finds more and more people are buying ebooks, and when they do purchase hardcovers and paperbacks they are increasingly getting them outside of conventional bookstores. The trends are outlined in a first-of-its-kind report by BookNet, which is based on

The market

While ebook sales are growing, print sales still dominate, with paperbacks representing an estimated 56.7 per cent of the market and hardcovers making up 23.6 per cent.

- Only seven per cent of readers said they bought both ebooks and print books, but they bought more titles overall — an average of 4.5 per month.

several consumer surveys conducted over the first half of the year. The results are considered accurate within 3.1 percentage points, 19 times out of 20.

"We were a little taken aback — even though we are in the industry and on the technology side of the indus-

try — at just the sheer quantity of the shift in behaviour in regards to digital and on-line (shopping)," said BookNet CEO Noah Genner. "We all knew it was happening ... but just the sheer volume and the amount of change that's happened in the last couple of years is a big surprise."

The report suggests one in three Canadians is a regular book buyer and purchases an average of 2.8 titles per month.

When it came to where purchases were made, only about a third were in book stores. About 27.5 per cent of purchases were online and about 30 per cent were at non-book retailers, including big-box stores and grocery stores.

"We were quite surprised to see how many books were bought with grocery items, with consumer goods and different category lines," Genner said. **THE CANADIAN PRESS**



Book rewrites Netflix's origins

Netflix CEO Reed Hastings, posing in this 2008 file photo at Netflix headquarters in Los Gatos, Calif., is probably hoping a new book about Netflix's early history never gets made into a movie. Netflixed: The Epic Battle for America's Eyeballs, written by veteran journalist Gina Keating, is set to go on sale Thursday. The book captures Hastings' vision, focus, charisma and chutzpah — but readers also will be introduced to a cold-hearted side of Hastings that never surfaces in his public appearances or in the many interviews that he has done with reporters during his 14-year tenure as Netflix's CEO. **THE ASSOCIATED PRESS**

Toyota. Huge recall hampers comeback

The largest recall in Toyota's 75-year history is threatening to undermine the carmaker's comeback from natural disasters and embarrassing safety problems.

The company on Wednesday recalled 7.43 million cars, trucks and SUVs worldwide — including some 240,000 in Canada — to fix faulty power-window switches that could cause fires. The recall affects more than a dozen models produced from 2005 through 2010 around the world, including the Camry, the

Recalled models

Recalled U.S. models include the 2007 to 2009 Camry, Tundra pickup and RAV4 small SUV; the 2007 and 2008 Yaris subcompact; the 2008 and

2009 Sequoia large SUV and Scion xD and xA small cars; the 2008 Highlander SUV; and the 2009 Corolla and Matrix compacts.

top-selling car in the U.S. It's bigger than the seven million vehicles recalled two years ago for floor mats that could trap accelerator pedals and cause unintended acceleration.

This problem centres on the power-window switch, which is inside the driver's door and controls when a window is opened or closed. Toyota said

grease wasn't applied evenly to the switch during production, causing friction and sometimes smoke and fire. Toyota said initially the window problem hasn't caused any crashes or injuries. But documents filed by U.S. safety regulators show customers have reported 161 fires and nine injuries.

THE ASSOCIATED PRESS

Survey. More Canadians are erasing their debt

A new poll suggests more Canadians are living debt-free this year compared to 2011.

The annual RBC survey found that 26 per cent of respondents had no personal debt — excluding mortgage debt — in 2012, up from 22 per cent last year. However, the poll found that on average Canadians are carrying \$13,141 in non-mortgage debt, up \$84 from last year.

Ontario residents were carrying the heaviest load at \$15,361 while Quebecers had

the least at \$10,171. Some 40 per cent of those polled said they were comfortable with their current debt level, down from 45 per cent last year. And one-in-three respondents said their debt levels are a source of anxiety — up slightly from 2011. Canadian average household debt, which includes mortgage debt in relation to disposable income, rose to a record 152 per cent at the end of 2011. **THE CANADIAN PRESS**

Market Minute

DOLLAR
↓ 101.97¢ US (-0.22¢)

TSX
↓ 12,212.42 (-61.15)

OIL
↓ \$91.25 US (-\$1.14)

GOLD
↑ \$1,765.10 US (+10¢)

Natural gas: \$3.475 US (+0.8¢)
Dow Jones: 13,344.97 (-128.56)

Coffee

Starbucks, Rodarte find common ground

Starbucks Corp. tapped sisters Laura and Kate Mulleavy — the indie fashion darlings of Rodarte — as its next design partners for a series of limited-edition products for the holiday season.

It's not specifically "holiday," but that's intentional.

For the design duo, it's a chance to put their name — and their style — out to a new audience. Typically, their fashion designs are edgy, conceptual styles that are not necessarily in line with mass-market taste.

"Our clothing is specialized," Laura Mulleavy said, "and when we are thinking of Rodarte, we choose things that say who we are as

designers, but

we're not limited to that."
THE ASSOCIATED PRESS

Say Boo!

to boring costumes



SHOP HALLOWEEN AT **Value Village**

For great costume, craft and party ideas plus easy make-up videos visit www.valuevillage.com



TRAVEL BLUES? TAKE A SEAT



HE
SAYS...
John Mazerolle
metronews.ca

The worst part about post-travel blues is that even I want to kick my own ass.

After all, why should anyone care that I'm sad to be back in Canada after weeks overseas? It's like complaining that you ate too many pies or that you got a paper cut on a \$100 bill.

But the feeling is real. A co-worker of mine spent a few months in Africa earlier this year, and when I said, "You're back!" he said, "Yeah, I am" in the sort of tone that makes you hide sharp objects and casually bring up this great therapist you know.

I was happy for his depression, because it meant his trip went great. But I still wanted to kick his ass.

It's precisely because nobody cares about your sulking that post-travel blues are so hard to get over.

What I want/what I deserve

It slowly dawned on me that I wouldn't be tripping the light fantastic again anytime soon, and I started walking around like Eeyore. So if you see me, kick me. Please.

When I came back from my trip to Scandinavia this September, I had a good buzz going. Relaxed and content, like I'd just gotten lucky with geography.

But then it slowly dawned on me that I wouldn't be tripping the light fantastic again anytime soon, and I started walking around like Eeyore. So if you see me, kick me. Please.

In the meantime, I plan to get over my post-travel blues with a few tips I picked up

from online travel sites.

- **Be a tourist in your hometown.** Lots of sites suggest this. So I plan to put on a Hawaiian shirt and wander into bad parts of the city with a map and a camera asking if they've got Mac-Donald's in these parts. I'll let you know how it goes.
- **Find expats and cuisine from the place you visited.** I'll try, but I'll probably have a hard time finding Little Faroe Islands or Denmarktown. Also, it might be difficult to find restaurants that sell puffin. (You know puffins, those adorable little clowns of the sea that look like real-life cartoons? Well, the one I ate treated his grandmother poorly and believed global warming was a myth, so get off my back.)
- **Talk to fellow travellers.** Hearing other people's post-travel woes will make you feel better about yourself when you tell them what jerks they're being.
- **Write.** The travel sites say to write about how great everything was, but I'll take a different tack. See, I've read about a number of instances over the years where a columnist will badmouth a place and, in response, a politician challenges the writer to take a second look. To use a random example, if I were to speak ill of Denmark, which I think we can all agree is a dump, the Hotel D'Angleterre Copenhagen (what a hole!) might invite me to force down some of the worst beer ever, while I talk to Denmark's cloistered, unattractive women. I also hear Copenhagen's mayor is too cowardly to have me back.

I'll take an aisle seat, Mr. Mayor. First class, please. I need room to have my ass kicked.



The window seat: one last opportunity to take for granted the sights you'll soon be pining for when you're back at home. ISTOCK

Pumpkins flourish amid drought



SIMON WHEELER/THE ITHACA JOURNAL/THE ASSOCIATED PRESS

Saved by jack-o'-lanterns

Agritourism in U.S. suffering

Tom Vliet, of Odessa N.Y., loads up his son Nicholas as they make their annual visit to Eddydale Farms, south of the City of Ithaca, for the farm's \$6 all-you-can-carry pumpkin special.

Devastating spring freezes and a historic drought have stripped some charm from rustic fall destinations, leaving some corn too short to create mazes, orchards virtually devoid of apples and fall colours muted.

Extreme weather has forced agritourism ventures in the heart of the country

to scramble to hold onto their share of an industry that generates hundreds of millions of dollars each year.

However, farmers have found pumpkins to be thriving during the drought.

Mike Roney, who co-owns an orchard near Greenfield, Ind., said this year might have been the worst freeze damage ever at the farm his family has owned for 84 years.

But he found a bright spot in his pumpkin patches, which were irrigated and emerged from the drought with a fine crop.

"We actually have one of the best pumpkin crops we've ever had as far as size goes and quantity," Roney said. **THE ASSOCIATED PRESS**

Industry affected

- **Tradition.** For many farms and orchards, autumn is the peak agritourism season as families seek out a taste of rural life with outings to explore corn mazes, take hay rides and pick their own apples or pumpkins.
- **Economy.** Tourism generated about \$566 million for more than 23,000 U.S. farms in 2007, according to the U.S. Department of Agriculture's most recent agriculture census — a survey conducted every five years.

Farmer's woes

Corn crop not so A-Maizeing

Sam Brown, who owns A-Maizeing-Farms in Mayfield, Ky., said the summer drought and 100-degree days ruined his farm's 20-acre corn maze, leaving stalks knee- to waist-high — far too short for use as a maze. Instead, he's offering a petting zoo, pedal-cart races and hay rides.

"The object of our maze is to find hidden checkpoints, and our checkpoints literally would have been taller than the corn in some of the fields," he said.

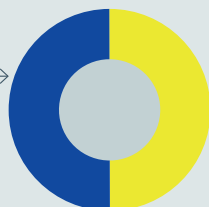
THE ASSOCIATED PRESS



Register at metropolitanpanel.ca and take the quick poll

Which is the bigger threat to Mitt Romney's White House campaign?

50%
BIG BIRD



50%
CLINT
EASTWOOD

Twitter

@LeafluvrCC:

Can someone explain why Ottawa keeps getting a chance at a CFL team after failing multiple times but Halifax keeps getting the shaft?

@DaveDawson7:

Ottawa #cfl vote is today for their team to return. Now bring Halifax into the league and move the #Bombers to the west again.

@Gmagoo1:

Seem's like there is more construction now then during the summer

months. Makes no sense Halifax. #moretraffix #badtiming

@kaitlynboudreau:

this week just keeps getting better and better. pub crawl friday is going to make me the happiest gal on campus #halifax

@mikebarkhouse:

#Halifax never fails to baffle me. Months without any good shows, and then half a dozen crammed within a 3 wk period @Sonic-Concerts

ALL-TIME TOP 104 ALBUMS AS SELECTED BY YOU!

Q Nation voted online at www.Q104.ca, and the Mighty Q counted down the best albums ever recorded, over Thanksgiving Weekend.

#1 Back In Black

AC/DC

2. <i>Led Zeppelin IV</i>	Led Zeppelin
3. <i>The Wall</i>	Pink Floyd
4. <i>The Dark Side Of The Moon</i>	Pink Floyd
5. <i>Appetite For Destruction</i>	Guns N Roses
6. <i>Hotel California</i>	Eagles
7. <i>Nevermind</i>	Nirvana
8. <i>Toys In The Attic</i>	Aerosmith
9. <i>Rumours</i>	Fleetwood Mac
10. <i>The Beatles (white album)</i>	The Beatles
11. <i>The Joshua Tree</i>	U2
12. <i>Wish You Were Here</i>	Pink Floyd
13. <i>Alive!</i>	Kiss
14. <i>Harvest</i>	Neil Young
15. <i>Hysteria</i>	Def Leppard
16. <i>Abbey Road</i>	The Beatles
17. <i>2112</i>	Rush
18. <i>Metallica (black album)</i>	Metallica
19. <i>American Idiot</i>	Green Day
20. <i>Sgt. Pepper's Lonely Hearts Club Band</i>	The Beatles
21. <i>Boston</i>	Boston
22. <i>Crime Of The Century</i>	Supertramp
23. <i>Machine Head</i>	Deep Purple
24. <i>Van Halen</i>	Van Halen
25. <i>Bat Out Of Hell</i>	Meat Loaf
26. <i>Frampton Comes Alive</i>	Peter Frampton
27. <i>Pyromania</i>	Def Leppard
28. <i>A Night At The Opera</i>	Queen
29. <i>Led Zeppelin II</i>	Led Zeppelin
30. <i>Are You Experienced</i>	Jimi Hendrix
31. <i>Road Apples</i>	The Tragically Hip
32. <i>Physical Graffiti</i>	Led Zeppelin
33. <i>Aqualung</i>	Jethro Tull
34. <i>Ride The Lightning</i>	Metallica
35. <i>Even In The Quietest Moments</i>	Supertramp
36. <i>London Calling</i>	The Clash

37. <i>Master Of Puppets</i>	Metallica
38. <i>Ten</i>	Pearl Jam
39. <i>Fully Completely</i>	The Tragically Hip
40. <i>Reckless</i>	Bryan Adams
41. <i>Unplugged</i>	Eric Clapton
42. <i>Shout At The Devil</i>	Motley Crue
43. <i>Led Zeppelin</i>	Led Zeppelin
44. <i>Let It Bleed</i>	The Rolling Stones
45. <i>Revolver</i>	The Beatles
46. <i>Born To Run</i>	Bruce Springsteen
47. <i>The Doors</i>	The Doors
48. <i>Moving Pictures</i>	Rush
49. <i>Achtung Baby</i>	U2
50. <i>Imagine</i>	John Lennon
51. <i>Fly Like An Eagle</i>	The Steve Miller Band
52. <i>A Day At The Races</i>	Queen
53. <i>Abacab</i>	Genesis
54. <i>Rubber Soul</i>	The Beatles
55. <i>Exile On Main Street</i>	The Rolling Stones
56. <i>Stand Back</i>	April Wine
57. <i>Book Of Dreams</i>	The Steve Miller Band
58. <i>Double Fantasy</i>	John Lennon & Yoko Ono
59. <i>5150</i>	Van Halen
60. <i>Destroyer</i>	Kiss
61. <i>Black Sabbath</i>	Black Sabbath
62. <i>Eliminator</i>	ZZ Top
63. <i>Live At Fillmore East</i>	Allman Brothers
64. <i>Escape</i>	Journey
65. <i>MCMLXXXIV (1984)</i>	Van Halen
66. <i>Razamanaz</i>	Nazareth
67. <i>Mechanical Resonance</i>	Tesla
68. <i>On The Threshold Of A Dream</i>	The Moody Blues
69. <i>Madman Across The Water</i>	Elton John
70. <i>Just One Night</i>	Eric Clapton
71. <i>Screaming For Vengeance</i>	Judas Priest

72. <i>Goodbye Yellow Brick Road</i>	Elton John
73. <i>Audioslave</i>	Audioslave
74. <i>90125</i>	Yes
75. <i>Aja</i>	Steely Dan
76. <i>Americana</i>	The Offspring
77. <i>A Farewell To Kings</i>	Rush
78. <i>Paranoid</i>	Black Sabbath
79. <i>L.A. Woman</i>	The Doors
80. <i>Billion Dollar Babies</i>	Alice Cooper
81. <i>Shake Your Money Maker</i>	The Black Crowes
82. <i>Sticky Fingers</i>	The Rolling Stones
83. <i>Clumsy</i>	Our Lady Peace
84. <i>Up To Here</i>	The Tragically Hip
85. <i>Music From Big Pink</i>	The Band
86. <i>Born In The U.S.A.</i>	Bruce Springsteen
87. <i>Highway To Hell</i>	AC/DC
88. <i>Who's Next</i>	The Who
89. <i>Some Girls</i>	The Rolling Stones
90. <i>Electric Ladyland</i>	The Jimi Hendrix Experience
91. <i>Pronounced Leh-nerd Skin-nerd</i>	Lynyrd Skynyrd
92. <i>Californication</i>	Red Hot Chili Peppers
93. <i>Live Bullet</i>	Bob Seger & The Silver Bullet Band
94. <i>Every Picture Tells A Story</i>	Rod Stewart
95. <i>Deja Vu</i>	Crosby, Stills & Nash
96. <i>Moondance</i>	Van Morrison
97. <i>Breakfast In America</i>	Supertramp
98. <i>Dire Straits</i>	Dire Straits
99. <i>Bad Company</i>	Bad Company
100. <i>Blizzard Of Ozz</i>	Ozzy Osbourne
101. <i>Bayou Country</i>	Creedence Clearwater Revival
102. <i>Diver Down</i>	Van Halen
103. <i>Dreamboat Annie</i>	Heart
104. <i>Quadrophenia</i>	The Who

THANK YOU for voting...
and for listening!

PLAN CANADA SALUTES CANADIANS' ROLE



PLAN CANADA PHOTO

IN SUPPORTING INTERNATIONAL DAY OF THE GIRL ON OCT. 11

Girls growing up in the poorest regions of the world are the most disadvantaged people on the planet.

They face unique barriers to survival and development simply because they are girls. In many cases they are denied food, they are forced to drop out of school, and they are vulnerable to violence and discrimination.

Yet, research shows that when girls are educated, nourished and protected, they are a powerful force to help society develop as a whole. When you help girls, they can pull themselves,

their families and their communities out of poverty to change the world for everyone.

PLAN ADVOCATES FOR GIRLS' RIGHTS

Plan is one of the world's oldest international development agencies working to end global poverty. Because I am a Girl is its global initiative to promote girls' rights and mobilize people around the world to create a brighter future.

In 2009, Plan enlisted 15,000 Canadians to sign a petition dedicating one special day every year to girls' rights.

This helped the Canadian government convince the United Nations to designate Oct. 11 as International Day of the Girl Child last December.

Plan's Because I am a Girl initiative aims to inspire Canadians to raise money for equal access to health care and education, clean water and sanitation projects, as well as economic security initiatives like microfinance and skills training.

To learn more about how you can help change the world for girls, visit becauseiamagirl.ca

10-11
20-12

SAVE
THE DATE
CHANGE THE
WORLD



Geeta

PLAN CANADA PHOTO

STANDING UP FOR GIRLS' RIGHTS

EDUCATION IS KEY TO GIRLS' SUCCESS

When Geeta of Nepal was 12, her father sent her to work as a domestic servant. She worked long hours and earned only 700 Nepali rupees (about \$8) a year.

Geeta recalls, "It was impossible to escape. My master was highly regarded in his community. I was afraid of the consequences for my family if I left."

To help Geeta break free from exploitation and abuse, Plan supported her with a microloan and business training. She opened a roadside café, which she now operates as a family business. Today,

Geeta employs herself, her entire family and even several friends when business is brisk.

HAITIAN GIRL PROVES MIRACLES HAPPEN

One of nine children on a small farm in Haiti, everyone expected Marie Dumay Miracles to stay home and help with chores. Marie's parents could not afford to send their kids to school.

When Plan set up education programs, Marie and her siblings leapt at the opportunity. Marie was a hard worker who excelled



Marie Dumay

PLAN CANADA PHOTO

in school, but her parents couldn't afford university.

Through Plan's further education programs, she studied computer science, completed a university degree, and became a qualified engineer.

Next, Marie put her leadership skills to work as deputy mayor of her town, Croix-des-Bouquets, where she is actively involved in co-ordinating local earthquake rebuilding efforts.

Plan helped her live up to her name to show that miracles can happen.

OCTOBER 11TH IS THE DAY WE STAND UP FOR GIRLS' RIGHTS GLOBALLY.

AROUND THE WORLD...

Girls are 3 times more likely to be malnourished than boys.

70,000 girls under 18 are forced into marriage every day.

75 million girls are denied an education.

Just because they're girls.

AND YET...

When you feed a girl, she'll feed all those around her.

When you educate a girl, she'll share her knowledge with everyone she knows.

When you invest in a girl, she'll break the cycle of poverty.

Empower girls, and they'll change the world.

Inspired by Plan Canada's **Because I am a Girl** movement and thousands of Canadians, the United Nations has declared **October 11th International Day of the Girl**, a day to recognize girls' rights globally. Help give girls a voice, a chance, a future.

Girls are the **ANSWER**, and so are **YOU**.



BECAUSE I am a GIRL.ca



Go to **BECAUSEIAMAGIRL.CA**



girl confidential

exclusively at

Sears

smart water

BIRKS

Welcome to the wonderful world of artist Ed Beals

This isn't just junk. Collector of odds and ends puts them all together to create fanciful sculptures



BACKSTAGE PASS
Jenna Conter
halifax@metronews.ca

Local artist Ed Beals employs a unique filing system for his smorgasbord collection of found pieces. A buffet of parts — light bulbs to loose tea-leaf strainer balls — there seems to be a method to his madness.

"I've found that when I look at an object, especially if I don't know what it is, I would imagine what it was," said Beals, who has been creating since childhood.

"I like the idea that you find something, it reminds you of something else, and you put that item together."

Beals' more focused creations include a set of old, beat up and broken hand tools.

"To me, they looked like handles from ray guns — sleek, shiny futuristic weapons — but why would they be old?"

Beals explains that clearly they were from a period between the two World Wars where soldiers used ray guns to fight off an invading army.



Ed Beals looks at old, broken down items with a child's wonder. CONTRIBUTED

I'll buy it.

Together with fellow artist Nick Brunt, Beals will be showcasing his found creations during The Retro Robots Rockets and Ray Guns Shoppe exhibit, taking place at Argyle Fine Art as part of Saturday night's Nocturne Art at Night festival.

"Nick's art is really colourful and bright and I dare say goofy, but in a dark way — I love his work and I think it's a great counterpoint for the sculptures I've made," Beals said. Up for the challenge, Beals, after years of being a Nocturne observer is excited to finally

participate.

"For Nocturne you can't just put your stuff there. People expect more. You have to do something with the space other than just put our art in it."

With these two joining forces, wowing the crowds for Nocturne will be child's play.

Online

For more information on Nocturne, visit nocturnehalifax.ca.

Are you a new Canadian Citizen or a permanent resident in Nova Scotia?

Êtes-vous un nouveau citoyen ou un résident permanent en Nouvelle-Écosse?

The CDÉNÉ is now offering business counselling services to French-speaking immigrants who would like to start their own business or buy an existing business in Nova Scotia.

Services offered / Services offerts:

- Free Business Counselling / *Conseils en affaires gratuits*
- Market Research / *Études de marché*
- Business Plans / *Plans d'affaires*
- Networking / *Opportunités de réseautage*
- Mentoring Program / *Programme de mentorat*
- Identifying Funding Opportunities / *Identifier les sources de financement*
- and more / *et plus!*



Info : Nadège Oubda
(902) 424-6021
noubda@cdene.ns.ca
www.cdene.ns.ca/immigration

CDÉNÉ
Le Conseil de développement économique de la Nouvelle-Écosse

ROCK OF AGES

BUY IT NOW ON BLU-RAY™ COMBO PACK & DVD

YOU COULD WIN A COPY OF ROCK OF AGES ON BLU-RAY COMBO PACK!

To register and the full contest details visit clubmetromedia.com

Don't forget to like us on Facebook! [facebook.com/clubmetrohalifax](https://www.facebook.com/clubmetrohalifax)

© 2012 Warner Bros. Entertainment Inc. All rights reserved.

VISIT clubmetro.com TO ENTER



Brad Pitt GETTY IMAGES

Brad Pitt needs the OK from his brood before embarking on new roles

Before Brad Pitt signs up for a role, he has to get the idea past a particularly tough panel of judges: Angelina Jolie and their six children. "I want it to be worthy enough of a story to leave the family, you know? They're everything. The family is first," Pitt tells Guy Ritchie in a chat for Interview magazine. "I also don't want to embarrass them." He also plans on taking more time off between roles going forward. "I'm not good at going back-to-back-to-back-to-back with movies,

Quoted

"They're everything. The family is first."

Brad Pitt telling Guy Ritchie in a chat in Interview magazine how he plans to take more time off between movies.

and it's just now that I'm starting to get my bearings again and a flavour for what's next," he says. "It's just about discovery now and finding something new that's interesting to me."

Beyoncé's star won't be shining with Clint Eastwood

Beyoncé has decided to bow out of Clint Eastwood's long-planned remake of A Star is Born, according to E! News. "I was looking forward to the production of A Star is Born and the opportunity to work with Clint Eastwood," the

singer says.

"For months we tried to coordinate our schedules to bring this remake to life, but it was just not possible.

"Hopefully in the future we will get a chance to work together," she adds.

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

The Word



THE WORD
Dorothy Robinson
scene@metronews.ca

Live like the Palins — with fitness and self-discipline!

The increasingly-skeletal Sarah Palin is writing a diet and fitness book, according to an email she sent People.

"Our family is writing a book on fitness and self-discipline focusing on where we get our energy and balance as we still eat our beloved homemade comfort foods!" she wrote.

The email seems slightly fishy; Palin never

confirmed which publishing house is publishing the book and when it will be out on the shelves.

"We promise you what we do works and allows a fulfilling quality of life and sustenance anyone can enjoy," she wrote.

Interesting, because in 2010 Palin attacked First Lady Michelle Obama's Let's Move campaign on Laura Ingraham's radio show.

"Take her anti-obesity thing that she is on. She is on this kick, right. What she is telling us is she cannot trust parents to make decisions for their own children, for their own families in what we should eat," she said.

And Sarah Palin's slow transformation from a political heavyweight into a Real Housewife continues.



Lindsay Lohan GETTY IMAGES

Lohans cap off long night of partying with a blowout fight

Lindsay Lohan isn't having the most relaxing visit home, apparently, as the troubled actress and her mom, Dina Lohan, reportedly had a huge fight outside Dina's Long Island home Wednesday morning, according to Page Six. The incident reportedly took place

around eight in the morning as a black SUV was returning the pair home after a night of partying. "[Lindsay] was yelling, 'I've had enough of this,'" a witness claims.

"It was an argument between Lindsay and her mother," a police spokesman says.

Twitter



@goldiehawn

A 350 lbs Bear broke in2 our house, emptied the fridge, destroyed kitchen left a lovely present on the floor and took off! Would've made Him dinner and given him a doggy bag!



@JonahHill

I might be the least British person alive.



@SethMacFarlane

I'm a fan of all Margaret Cho's work, but I think Gangnam Style might be the coolest thing she's ever done.



@ConanOBrien

I'm in London right now. You won't believe this, but there's still a few minutes left in the Olympic closing ceremonies.

SATURDAY, OCTOBER 13 & SUNDAY, OCTOBER 14

GET BOTH
FREE



SHOPPERS DRUG MART®
CARD



TIM HORTONS®
TIM CARD®

WHEN YOU SPEND \$75 OR MORE ON ALMOST ANYTHING AT SHOPPERS DRUG MART*

Visit shoppersdrugmart.ca or the store nearest you for details. *Some conditions may apply.

Offer valid October 13 & October 14, 2012 only. Shoppers Drug Mart card is valid until November 4, 2012.

THE
**DOUBLE
DOUBLE**
EVENT

SHOPPERS
DRUG MART

(Bow)ties that Bond

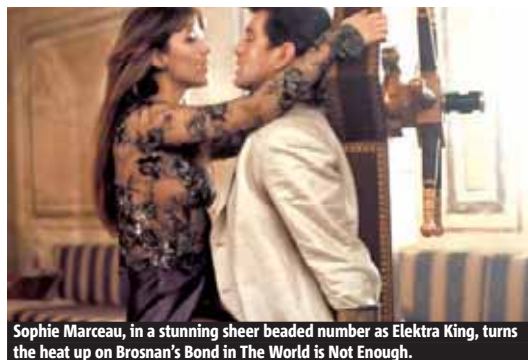
Q and A. Designer Lindy Hemming talks about the tailoring, the history and the heritage that thread together 007's style

RICHARD PECKETT
Metro World News in London

Clothes maketh the man ... but it's Lindy Hemming who's behind James Bond's impeccable wardrobe. We speak to the Oscar winner and long-serving Bond costume designer, who helped put together a current exhibition at London's Barbican Centre which explores Bond's suave style.

How did you first become involved with the Bond movies?

The two producers, Barbara Broccoli and Michael Wilson, just started to think about producing a new series of Bond films with Pierce Brosnan, and they were looking for a new costume designer. I think they had seen my films like *The Krays* and *Four Weddings and a Funeral* — none of them particularly relevant. But I don't know, I hope they'd heard that I was OK and I suppose they were looking for somebody British anyway.



Sophie Marceau, in a stunning sheer beaded number as Elektra King, turns the heat up on Brosnan's Bond in *The World Is Not Enough*.



Sean Connery, the original Bond, was also the best Bond, says costume designer Lindy Hemming. ALL BOND PHOTOS HANDOUT

Men in skinny jeans, take note



"I'd rather people look like (Bond) than that they were hyper-fashionable with terrible tight trousers that make your arse look fat."

Lindy Hemming

What were you hoping to achieve in *GoldenEye*, given that it was the first movie since the underwhelming Dalton era?

I looked at the various Bond films and my idea was that I wanted to get back to the sort of, well, I say the suave sophistication of Sean Connery. Even though it was the 1990s,

I wanted to bring something of that Connery feeling to Pierce Brosnan and not go in a sort of casual unsuited, street kind of way. I wanted to go back to elegance.

Why is it best to keep Bond classic and timeless? Did you find the flares and safari suits of the 1970s ridiculous?

My idea of Bond is that one reads about Ian Fleming and how and why Bond came to be imagined. He isn't a flashy character. He is an upper-middle class member of society and he's a naval, military person and so to me he wouldn't have worn those kind of clothes. Neither would he have worn those street and slightly Miami Vice clothes that Timothy Dalton wore. As a member of the establishment, he would have dressed well, cleanly and classically. His wardrobe wouldn't have that many clothes but what he

did have would conform to a formula.

So, is the classic tailoring very much a part of Bond's timelessness?

Yes, but now when we came to do Daniel Craig some sort of decision had been made: we took into account that most likely the Bond Daniel Craig was playing would have been at war undercover or in the SAS (Afghanistan, Iraq or Northern Ireland). So that meant we had slightly different things going into operation.

For style and looks, who was your favourite Bond?

Truly my favourite Bond was Sean Connery ... for the tailoring. But I really, really like the tailoring of George Lazenby. I think that if you look at pictures and photographs of him his tailoring is slightly fashionable and immaculate — but no one ever mentions him. I think Lazenby was tailored by a man called Dimi Major: a forgotten tailor for a forgotten Bond. Oh and of course I liked Pierce.

Did it help that Lazenby was a model?

But so was Roger Moore. Roger Moore had been a knitwear model — I don't think you

need to mention that.
Is Bond a style icon?

No. I don't think he should be a style icon. He should be desirable and he should still be accessible. Bond is a sophisticated example and in the '90s era a European example of good taste. He has an understanding of the reasons for tailoring and colours in order to look his best and move effortlessly amongst all strata of society.

Do you believe that his tailoring and smart casual looks are how men should dress?

I'd rather people look like him than that they were hyper-fashionable with terrible tight trousers that make your arse look fat with very short tight jackets that look terrible on most people.

More online and Friday

- Visit metronews.ca for more James Bond coverage.
- Friday, Metro looks into the history of the Bond theme song.
- The Man Blog.** "Large, very strong and very cold and very well-made." That's James Bond describing how he likes his martinis in 1953's *Casino Royale*. We go to The Roof Lounge at the Park Hyatt Toronto to learn how to mix Bond's Vesper martini. Cheers! Recipe at metronews.ca/themanblog.



Taking Steps Towards a Cure.

Light the Night is an annual walk and fundraising event - a night of solidarity and hope. This event supports people battling blood cancer and paying tribute to those claimed by it. Friends, families and supporters gather holding illuminated balloons- red for supporters, white for survivors and patients and gold to remember lost ones.

Our mission is to cure leukemia, lymphoma, Hodgkin's disease and myeloma and improve the quality of life of patients and their families.

Join us

Saturday, October 20

Halifax Commons @ 5:30p.m.

REGISTER TODAY AT

LIGHTTHENIGHT.CA/HAL

422-5999



LIGHT THE NIGHT WALK

WALK AS IF YOUR LIFE DEPENDS ON IT. WALK BECAUSE SOMEONE'S DOES.

From hotel style to home decor



DESIGN CENTRE
Karl Lohnes
home@metronews.ca

New York real estate is notorious for the high prices for small spaces and it always has been consistent with what travellers expect from their hotel rooms.

The Pod Hotel, famous for its tiny rooms at great prices, has never shied away from the small space aspect when it opened up five years ago on 51st Street. Now there's a second 366 room Pod Hotel on 39th Street (located in the Murray Hill district) offering up stylish and practical accommodations from 120-square-feet that is bound to impress any budget conscious traveller. Although limited space is a given, one thing that isn't lacking is the high level of personalized service offered from the staff, the inviting modern lobby and trendy rooftop lounge; wherever you go in the hotel you are guaranteed a smile and hello.

From \$150 this centrally located hotel is bound to take Manhattan travellers by storm.

Details I love

- Each floor is colour coded by carpet colour.
- All furnishings float and do not take up any visual floor space; the more floor you see the larger a space can feel.
- One vertical (the red bulk) and one horizontal (a stripe in the carpet) guides your eye toward the longest and tallest sightline in each room, another trick to show the eye the most space available.
- Colours and style are kept focused. Black, grey, red and white is a signature combination.



The Pod Bunk Room at The Pod 39 Hotel offers no-nonsense, affordable and stylish decor for the budget-conscious visitor to New York City. THEPODHOTEL.COM

Like the look of The Pod 39 Hotel? Here's some decor items to turn your guest space into the perfect sleeping pod.

Keep your dates and times on track with a vintage-inspired Flip Clock, \$199, BedBathAndBeyond.ca.



Light, airy and durable make for a stylish desk. Mosco Desk, \$600, EQ3.com.



Durable carpet tile offers a custom look to the floor. INS & OUTS carpet tile \$17 each, FLOR.com.



Light and airy chairs add durability and style to a desk or dining table. Bertioia Chair, \$104, HomeSav.com.



Style inspired by quilted moving blankets. Magical Thinking Quilt, \$130, Urban-Outfitters.com.



Sourcing the world's leading vegetable oil

How can I find sustainable palm oil?

-Miriam, Saskatoon



QUEEN OF GREEN
Toviah Paglaro
green@metronews.ca

Palm oil — a relatively new kid on the block when it comes to oils — recently passed soya as the world's primary source of vegetable oil.

The simple answer to finding sustainable palm oil is to look for a certification. But of course, it's not really that simple!

Produced primarily in Malaysia and Indonesia, palm oil is known to come with environmental challenges.

The greatest is the in-

credible rate of deforestation that has permitted the industry to continue to grow at a rate of nearly 27 per cent per year, while keeping the cost of the oil appealingly low to industrial producers.

Certified sustainable palm oil and palm kernel oil are produced at palm oil plantations that comply with the environmental standards of the Roundtable of Sustainable Palm Oil (RSPO).

Among the standards required for RSPO certification is the producer's commitment to preserve "high-value conservation forests." Although this loose protocol has been widely criticized, the RSPO is currently reviewing certification standards. In the meantime, a certification is still the best

bet for concerned consumers.

Have you read a label and not seen palm oil listed? In processed foods, palm oil is often couched in the term vegetable oil. In cosmetics, look for words indicating palm derivatives (like palmitate).

How to avoid unsustainable palm oil:

1 Shop from companies listed in the RSPO's database of sustainable-palm supporters.

2 Look for the RSPO trademark on products.

3 Ask retailers to offer more certified sustainable palm oil products.

4 Ask manufacturers to use certified sustainable

palm oil.

5 Visit the World Wildlife Federation at wwf.org to learn about other ways to get involved.

Finding certified sustainable palm oil may be simpler than you think.

A couple of big players

in Canada and around the world have set the ambitious goal of using only RSPO certified palm oil in their products by 2015. Consumers can also find plenty of food and personal-care products that use alternative oils. Read the labels and make your own informed choice!

FLIGHT CENTRE *Unbeatable*

Montreal New Year's, Air + 3 Nights

\$628

from ncl \$469 base + \$159 taxes & fees
INCLUDES accom near the Old Port over New Year's Eve.
BONUS daily breakfast included.

1 866 967 5402 | flightcentre.ca

Conditions apply. Ex: Halifax. Package and cruise prices are per person, based on double occupancy for total length of stay unless otherwise stated. All-inclusive vacations include air. Prices are subject to availability at advertising deadline and are for select departure dates. Prices are accurate at time of publication, errors and omissions excepted, but are subject to change. Taxes & fees include transportation related fees, GST/HST and fuel supplements and are approximate and subject to change.

101.3
THE
BOUNCE

15 minutes of fame!

Call 420-1013 weeknights to co-host the interactive NINE@9 with Ruby!

Discovered this week:

- ★ Nick from Bedford
- ★ Jaclyn from Grand Lake
- ★ James from Lwr Sackville
- ★ Patrick from Grand Lake

Interactive NINE@9

1013TheBOUNCE.com
info@1013thebounce.com

Get the BOUNCE Mobile app here



metro

HOME RENOS

Thursday, October 11, 2012



Sleek and simple architectural details add maximum design impact and can become the focal point in any room. NEWS CANADA

Create a timeless look in your home

Like fashion, interior design trends change with the seasons. Each month, different colours and patterns become the new "it" look, inspiring us to overhaul our home décor.

Keeping up with the latest looks can be challenging, not to mention expensive. That's why it's important to remember that keeping your home décor modern isn't so much about buying trendy furniture as it is about being practical. Invest in timeless pieces that are suited to your lifestyle and create a calm environment.

Delta Faucet, a leader in beautifying home interiors, offers the following tips to make sure your space will al-



Make your home look more modern with new bathroom faucets. NEWS CANADA

ways feel fresh:

Choose multi-functional products with hidden technology and beautiful design to create a modern feel. Think televisions hidden in

cabinets, speakers mounted behind the wall, and sleek kitchen faucets with a hidden sprayer. Technology that seamlessly blends into a space will always feel new.

Consider incorporating accessories in shades such as clean green, saffron, ocean blue, and magenta to create a soothing atmosphere that will never feel tired.

"Adding sleek pieces in a colour that you'll always love — rather than a trendy colour — makes your style timeless, not to mention wallet-friendly," says Jo Alcorn, a Toronto-based interior design expert.

Update fabrics to those that feature timeless geometric designs, overlapping layers, or stripes. All of these



Update fabrics to those that feature timeless geometric designs, overlapping layers, or stripes. NEWS CANADA

can instantly make a home more contemporary without a large investment.

Sleek and simple architec-

tural details add maximum design impact and can become the focal point in any room.

"Paying attention to your

hardware including cabinet handles, light fixtures and even faucets can play a huge role in making your place look more modern," says Alcorn.

When considering furniture, look for pieces with glass or painted wood, and materials like coloured acrylic, fibreglass, and chrome. These features will ensure your choices stand the test of time.

Nothing dates a space like clutter. Organize and store — or even neatly display — magazines, newspapers, and books. Electronic cords should be off the floor and not visible to keep your room looking neat and clean.

NEWS CANADA

OPTIONSPLUS
When dinner strikes, it's good to have options.

Carpet & Upholstery Care

WE PAY HST
BOOK BEFORE DEC. 22ND, 2012
Coupon must be presented at time of cleaning

OPTION #1
\$75⁰⁰
(Regular Price is \$105.00)
ANY 3 ROOMS
Maximum 200 sq/ft per room
Coupon must be presented at time of cleaning

OPTION #2
\$69⁰⁰
(Regular Price is \$118.00)
For a sofa steam clean and receive any single chair cleaned for **FREE**
Specialty fabrics are additional

OPTION #3
\$118⁰⁰
(Regular Price is \$195.00)
5 ROOMS, AND A HALLWAY*
Maximum 1,000 sq/ft
Specialty products are additional
Dry cleaning *Up to 14 stairs

OPTIONSPLUS
\$179⁰⁰
(Regular Price is \$348.00)
5 ROOMS, HALLWAY & ONE SET OF STAIRS*
PLUS 3 seat sofa steam cleaned and any chair
Specialty products are additional
Dry cleaning *Up to 14 stairs

Call Now 406.4480

www.optionspluscarpetandupholsterycare.com
(No cash value, cannot be combined with any other offer.)

Update your bathroom in a weekend

Many homeowners are looking to redo and update their homes, but with busy schedules, often only have time on the weekends. While a complete overhaul of the house might be unrealistic for this time frame, a bathroom makeover is completely doable.

The following tips and tricks will show you how to be a weekend warrior without having to hire a professional crew for assistance.

Get Inspired

Home magazines and online resources, such as Pinterest, are filled with all the newest colour palettes, design themes and patterns to get your inspiration flowing. Utilize the many beautiful bath photos to find the theme or colour scheme that calls to you and run with it.

One-Stop Shop

Heading to only one or two stores is crucial, since your

time should be spent renovating, not driving all over town for what you need. Planning ahead will lessen frustrations when you begin scouring the aisles.

Finding The Perfect Products

For a weekend makeover, focus on the following products:

- **Paint:** Be sure to choose a semi-gloss or bathroom-specific paint, since the steam from hot showers and excessive water flow can make the bathroom a harsh environment.
- **Faucets:** When selecting your faucet, consider style, finish, co-ordinating products, and quality. The Moen Boardwalk bath collection, for instance, features a blend of vintage design and classic lines for a stunning look in any bath.
- **Showering:** The shower is a place to escape and relax — so be sure to find products



You don't have to hire a professional to redo your bathroom in a weekend. NEWS CANADA

to enhance this space. Today's shower heads come in variety of designs — wall mount, handheld, multi-function, rain shower — or a combination of all. Find the one that suits your showering style and choose a finish to co-ordinate with the rest of your bath.

- **Accessories:** For added

safety with style, try designer grab bars with accessories, which combine the safety benefits of a grab bar with one of three common bath essentials — a towel bar, a paper holder and a shelf — making each item functional and fashionable. Adding these discrete safety solutions will keep your bath

looking great while still being practical.

- **Accents:** Once you have chosen all the hardware for your bath, you will need to think of the softer accents to help pull your design together. A new shower curtain, decorative towels, throw rug and curtains will add the final finishing touch

to your new space.

Install and Enjoy

Once you have purchased your product selections, it's time to start your update. Luckily, each of these projects can be accomplished quickly and are simple enough for even a novice DIYer. NEWS CANADA

Cooler weather. Weatherize your home

Air leakage within a home can send energy bills sky-high with equipment working overtime to compensate. Regardless of season, your home may be susceptible to cracks that will allow the air inside escape or the outside air in. It is good to know how to effectively seal these cracks with the right materials and advice.

While every house has air leakage, it is sometimes difficult to find the source of the problem. One method is using a professional blower door test to find the significant leaks. The test will help



Find and caulk areas of your home where air might be leaking. ISTOCKPHOTO/THINKSTOCK

you better understand which

areas in your home require attention.

Caulking, sealing or weather-stripping could address those gaps, however, if there is significant leakage from your roof, attic or cellar, a professional should be consulted. A spray foam insulation provider can give you the advice and materials needed for an effective seal against air leakage, airborne irritants and moisture build up.

Proactive measures can keep you in control of your energy bills while living comfortably.

NEWS CANADA

KVADRO Furniture

Amish Craftsmanship. Contemporary Designs.

INTRODUCING

Ventura Dining Table.

Shown in solid walnut, 42" x 72" with 2 leaves stored inside.

Creating High Standards in Solid Wood Furniture

Free Delivery throughout Atlantic Canada.
100 Susie Lake Crescent, Halifax.
www.KvadroFurniture.ca 902-405-4024

Thinking about a new roof?

Metal roofing offers durability and efficiency

- 40 year warranty
- Energy efficient: cools in summer, warms in winter
- Long lasting, versatile and elegant: many colors to choose from
- More affordable than you may think...

Visit our showroom at
188 Joseph Zatzman Drive

Scotia Metal Products Ltd.

NOVA SCOTIA'S FIRST MANUFACTURER OF METAL ROOFING

468-7217 • 1-866-770-7759 • scotiametal.ca

Safety comes first at home

Taking on a do-it-yourself project can be a gratifying experience, especially once successfully completed.

"A key factor in DIY project success is careful research and safe execution," says Carla Bouchard, a broker with Royal LePage Metro in Moncton, N.B. "After all, you will be sure to succeed if you know your products and take care of yourself first."

Bouchard recommends practising these five safety tips for DIY project success:

1 Dress with your safety in mind. Fortunately, serious injuries can be easily prevented with simple precautions. If you have long hair, tie it back. Remove jewelry and loose clothing that could get caught in machinery.

2 Wear a dust mask, respirator and safety goggles. Understand the materials you are working with and protect against inhaling dust particles or fumes. Similarly, safety goggles reduce the likelihood of sustaining optical damage or even blindness.

3 When working with electricity, wear rubber-soled shoes. Rubber acts as an insulator and reduces conductivity of electricity and your chances of electrocution. However, in most cases, electrical repairs are best left to professionals.

4 Keep any machinery and equipment in top shape. Drill bits, cutters, and other blades that are left to dull can cause serious injuries. Dull blades can bind or kick back. Keep your blades sharp and up-to-date.

5 Use ladders safely. For every four feet of height,



Be sure to wear the proper safety equipment when working around your home. NEWS CANADA

your ladder should sit at least one foot from the vertical surface upon which it is leaning. Know the height of your lad-

der and situate it accordingly. Never step on the top two rungs of a ladder.

As Mike Holmes, profes-

sional Canadian contractor and television host, says: "Don't let disaster strike. Make it right!"

Before beginning any DIY project, be proactive, do your research and put your personal safety first. NEWS CANADA

Turn your basement into an inviting space

The basement, a common trouble spot for many homeowners, is often regarded as a cold, dank space, or a no man's land. Without proper finishing, a basement can suffer damage, be prone to flooding, or develop mould.

Should any moisture damage occur, it could go unnoticed, leading to the development of mould.

Homeowners can take preventative measures to turn their basements into comfortable, protected living spaces by investing in modern materials such as spray foam insulation. This material can be applied within seconds to the walls, ceiling and floors of a basement to plug any cracks or gaps to deliver immediate results.

A licensed contractor can make recommendations as to how to effectively protect your basement with spray foam insulation. For instance, a medium-density spray foam product is formulated to limit the probability of flooding and leaks, saving homeowners from costly repairs in the future. Investigating the options available and how to effectively seal your home can be a long-term reward in comfort.

NEWS CANADA

Who Controls Your Power?



24/7 Power Protection

GENERAC
SALES & SERVICE DEALER

Automatic Standby Generators

Now's the time to find a solution for your power outage nightmares!

- Propane or Natural Gas for long run times
- 7kw to 150kw for all needs
- Home, Commercial or Cottage units
- Pre-wired, pre-packaged system available
- Environmentally friendly

Reduce Your Energy Costs
By Up To **75%** With Solar Hot Water

Full turn-key packages available!

Take Advantage of the new **0% INTEREST LOAN** available from Efficiency Nova Scotia for a residential solar thermal system – save energy with this super incentive now available! Call today for information.



Energy Solutions to Benefit our Global Community

Phone 902-860-0081

311-01 Rocky Lake Dr, Bedford, Nova Scotia B4A 2T3

EnCom
Alternative Energy Solutions

sales@encomgroup.com • www.encomgroup.com

Decorating. Find the essence of fall

The prospect of moving back indoors after the summer may seem like a bit of a let-down, but it doesn't have to be. When temperatures begin to drop, your home becomes more of a haven than ever. Adding fall touches of décor is a great way to get excited about the seasonal transition.

Sally Morse, director of creative services for window fashions company Hunter Douglas, offers the following tips for fall decorating:

Natural Accents

Bring fall indoors with you. Because natural elements are earthy and neutralizing they will complement whatever your décor style happens to be. Try filling a vase with dry arrangements or a large bowl with pine cones for a festive and eye-catching centerpiece. Hanging a fall foliage wreath on the outside of your front door is another great way to bring in the new season.

Lighting

During the summer it's easy to take for granted the abundance of natural sunlight. However, as the daylight recedes in the fall, it's a good time to start thinking about investing in new window fash-



Adding fall touches of décor indoors is a great way to get excited about the seasonal transition to fall. NEWS CANADA

ions that enhance your natural lighting. One way to do this is with Hunter Douglas Silhouette window shadings, which

feature soft fabric vanes suspended between sheer fabric facings that work to draw light deep into the room, thus maxi-

mizing daylight efficiency.

Layering

Bring out throw blankets to

place on couches or on the foot of beds. From hues of burnt orange and forest green to chocolate brown and gold,

draw from fall's robust colour palette and add throw pillows with rich patterns and colours around the house. NEWS CANADA

The Future Starts in Your Own Backyard

Organic Soils • Mulch • Stone & Gravels • Sand

We carry a variety of locally blended and processed products that will beautify any landscape. Whether you are a contractor or a homeowner, you will find what you need.

Delivery is available for any size load. Please call for a delivery quote.

1993 Hammonds Plains Rd | 835.2446 | www.kynock.com | since 1968

WINDSOR Home furniture AND APPLIANCES

www.homefurniture.ca

2nd ANNIVERSARY CELEBRATION

2 DAYS ONLY!

SEPTEMBER 29TH - 30TH

Live Music, Games & Prizes
All Proceeds go to charity!

SATURDAY SPECIAL

1 DAY ONLY! \$499

ELECTRIC FIREPLACE

52" Model & Brand
Call 798-3222 for details
ONLY WHILE QUANTITIES LAST!

SUNDAY SPECIAL

1 DAY ONLY! \$399

QUEEN MATTRESS & BOXSPRING SET

312 Savings • 1 Inch Profile
10 year guarantee program 800-886-1888

LEATHER SOFA & CHAIR SET

\$899*

3999 LEATHER SOFA 4000-399
3999 LEATHER CHAIR 4000-399

WINDSOR HOME FURNITURE

50 Empire Lane Windsor, N.S.

(902) 798-3222

Mon-Fri 9 to 6 | Sat 9 to 6 | Sun 12 to 5

ANNIVERSARY SALE RUNS SEPTEMBER 29th - 30th

Find us on Facebook

noapril

NO PAYMENTS FOR 12 MONTHS

On Home Credit Card purchases over \$250, O.A.C. See Details in Store.

Close the gap on winter leaks

The kid's teeth are chattering, the dog and cat are huddled together for warmth, and your feet are so cold that your spouse won't come near you in bed.

How can it possibly be this cold inside when the thermostat is set at 22 C? A likely answer could be that you are losing heat from your windows and doors.

Millwork specialist Jason Toth from Lowe's Home Improvement assures that in most cases, preventing heat loss only takes a small amount of time and materials to find and fix the problem. Your efforts will be rewarded tenfold. Here are the steps that Toth recommends:

Detect the draft

Air leaks can be detected by following these three simple steps:

1 Close windows tightly. If your residence has an exhaust fan, turn it on. This will lower the air pressure in the home, allowing drafts to be detected more easily.

2 Look for gaps or cracks in the seams and moulding, and light shining through

spaces around windows (use a flashlight if necessary). Check for cracks on the exterior side of windows as well.

3 Hold a lit candle, barbecue lighter, or piece of tissue paper near the window seam (at a safe distance), and move it along the length and width of the seam. If the flame or tissue flickers, there is most likely an air leak.

Seal the draft with latex caulking

1 Peel away any peeling or broken caulking for a clean application of a new sealant.

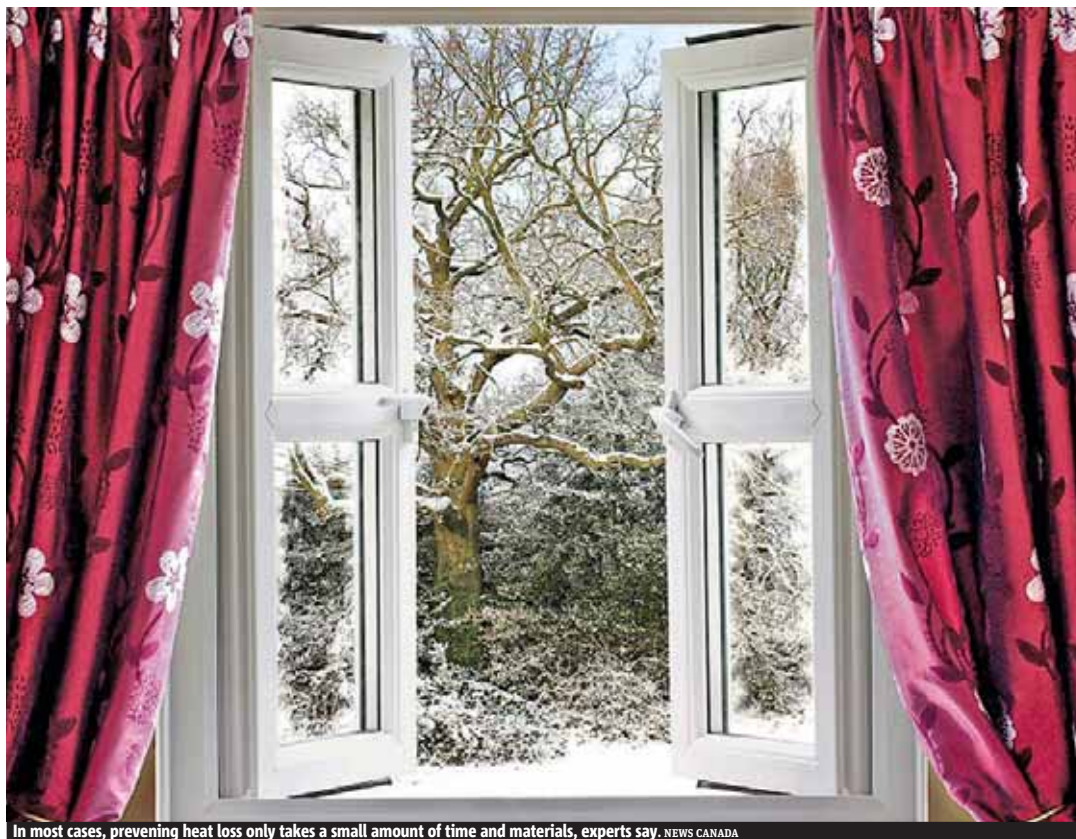
2 Seal window leaks with a fresh application of latex caulk. Run a damp sponge along the seam to remove any excess caulking.

Keep drafts at bay with weather stripping

1 Clean the areas where the weather-stripping will be applied (top and bottom sash).

2 Cut a piece of weather-stripping to the length of the sash.

3 Peel off the tape and press the sticky side



In most cases, preventing heat loss only takes a small amount of time and materials, experts say. NEWS CANADA

against the bottom of the sash (top and bottom sash).

If your windows are old, or

the draft persists despite following these steps, Toth suggests purchasing a Shrink and

Seal Window Kit available at Lowe's. The clear film shrinks to fit your window, is easily

installed with a hair dryer, and is barely detectable to the naked eye. NEWS CANADA

Where Sound, Style & Comfort Meet.

Your local source for quality audio & home theatre now offers contemporary home furnishings.



PEAK AUDIO

Family owned & operated since 1986

Sales & Showroom
2813 Agricola Street
455-7325

www.peakaudio.ns.ca
Visit our showroom today!

Simple steps to keep your home warm

We've all heard of spring cleaning, but it's just as important to get your house in shape for the cold weather season before the temperature drops.

To make sure your home is properly prepared for the elements, do a few simple checks.

- **Protect pipes.** Cold weather time is the prime season for freezing or cracking pipes. Protect your exposed pipes with foam insulated pipe covers to prevent damage during the winter.

- **Check the furnace.** Make sure your furnace is functioning properly before the cold weather sets in so you won't have to suffer through days without heat. Have a technician stop by to make sure it's in good shape, or, at the very least, install a new filter to ensure high performance during the cold weather.

- **Seal out drafts.** Keep your heating bill and thermostat down by sealing up drafts around doors and windows. Install foam seals or re-caulk around doors, and add an insulating film over windows. Don't forget to install Socket Sealers, too, since even electrical sockets can be a source of unwanted drafts.



Keep your heating bill and thermostat down by sealing up drafts around doors and windows. NEWS CANADA

- **Cover up your patio furniture.** Make sure grills, patio furniture and air conditioning units are properly sealed in plastic

to protect them from damage during the winter. If possible, put them in the garage.

- **Stock up on cold weather**

supplies. Pick up plenty of salt for the driveway, buy a few new shovels and put some extra antifreeze in your car so

you are prepared for the cold weather.

Don't wait until the temperature drops to get your

home in shape — act now and you will be relaxed and cosy when the first snow falls.

NEWS CANADA

A photograph of a modern bathroom. On the left, a large white freestanding bathtub is positioned in front of a large window that looks out onto a lush green forest. In the foreground, a zebra print rug is partially visible. On the right, a double vanity with two white sinks and chrome faucets is mounted on a grey stone wall. Above the vanity is a large mirror and a sign that reads "ELEMENTS bath & kitchen". A colorful striped towel hangs from a rack under the vanity.

E
ELEMENTS
bath & kitchen

ARE YOU IN YOUR ELEMENT?

Proud to be carrying
Aquabrax, Kohler, Neptune,
Alcove, Neo-Metro, Catelano,
Brizo, Hansgrohe, Victoria
& Albert, KWC, Dornbracht,
Riobel, Kallista and more!

127 Chain Lake Drive, #7
Halifax 902 450 7060

Water savings. Eco-trendy bathroom renos

According to a recent article, 2012 has been an exciting year for bathroom renovations. Not only are homeowners trying to make their bathrooms more comfortable and stylish, but they are also seeking more environmentally friendly options.

The article states that sales in eco-friendly and water-saving fixtures are "skyrocketing" as everyone wants to be a part of the "green team." So those of you looking for an eco-friendly, comfortable yet stylishly designed bathroom will want to read on.

Saniflo Canada, the leader in macerating toilet systems, has two of the most advanced eco-friendly toilets on the market. The Sanistar and Sanicompact products utilize a dual flush system, consuming approximately 38 per cent less water per flush than a six-litre low-flush toilet, which not only contributes to helping the environment, but will also likely increase a homeowner's return on investment.

Inspired by European design, the Sanicompact and wall-hung Sanistar both add a unique style to any bathroom or spa-inspired environment. Both varieties are fully equipped to add an element of sophistication to any renovation, while relying on the latest cutting edge technology.



Macerating toilet technologies add a unique style to any bathroom or spa-inspired environment. NEWS CANADA

Now you are probably asking, "Why should I use a macerating toilet system instead of a standard toilet?"

Well, here's your answer: Macerating technology is a cost-effective, easy-to-install solution for both residential and commercial bathroom applications. They can be installed on top of any finished floor, eliminating the need for excavation or building a raised floor to install a drain line, as required by systems utilizing a sewage ejector. The small-bore discharge piping can easily be installed and concealed inside existing walls.

Saniflo's "up-flush" technology permits home or building owners to create a new bathroom wherever it is most convenient: In a basement, attic, garage, under the stairs or inside a newly remodelled space.

NEWS CANADA

NEWS CANADA

NEWS CANADA



Follow the five tips at right to prepare your garden for the winter. NEWS CANADA

Prep your garden for the winter

Who doesn't love a colourful, lush garden? Unfortunately, we're not all blessed with a green thumb, so the experts at Comfort Inn and Quality hotels, who maintain beautiful landscapes all year round, have put together five tips to help keep your garden beautiful:

Trim The Dead Ends

Cut back any finished annuals or diseased plants.

Stay Hydrated

Continue to water plants

throughout the fall, including perennials and evergreens that need moisture to survive winter.

Break Out The Rake

Each week, rake and remove leaves from the lawn. It's important for grass to get sunlight during the fall in order for it to grow back strong in the spring.

Bring On The Mulch

It's important to use winter mulch so that the soil can maintain a more even temperature. Mulch will help plants survive during the periods when there is no consistent snow cover.

Plant, Plant, Plant

Although a lot of gardening is done early in the spring, fall is another great time to start planting, especially in preparation for the following year. Plant bulbs such as tulips or daffodils and perennials so they have time to establish roots before the winter.

NEWS CANADA

Bring out Your Home's Inner Beauty



Build Smart, Renovate Right.®



Before

Plan your home renovation with the 2011 Customer Choice Award Winner

Call us to talk more! 444-4242

HalifaxBuilder@live.ca

White Stone

www.whitestonedevlopments.ca

BEAUTIFY ANY LANDSCAPE WITH KYNOCK

The success of any garden or lawn depends in part on the quality of the materials one is using for the project. For people looking to get the most out of their garden or lawn, it all starts with having high-quality soil, compost and mulch.

At Kynock Resources, people can rest assured of the exceptional quality of the materials it offers.

"We service a lot of the landscapers," notes Cindy Singer, Kynock's office manager.

Kynock is able to ensure the quality of its products are consistent and top notch as it is the one who manufactures them. Whether it's lawn soil, garden soil, top dressing compost or landscaping mulch, Kynock's products are organic, consistent and of the highest quality.

For its soil, Kynock brings in the raw materials from the valley, while for its compost, it uses materials from East River.

Using locally sourced supplies helps the firm reduce its carbon footprint and helps support the local economy.

"We're big on recycling and re-using," says Singer, noting that people who want to dispose of brush and wood products (such as tree limbs) from their properties



can do so at Kynock's facility, located at 1993 Hammonds Plains Rd.

"They can bring them to the yard and then they're recycled into landscaping

mulch the following season," says Singer.

Kynock also does building excavation and road building. Singer says that any native soils reclaimed from those projects

CONVENIENT SPOT

Located at 1993 Hammonds Plains Rd., Kynock Resources is easily accessible from both highways 102 and 103 as it lies halfway between the two roads. From the 102, take exit 3B and head outbound. From the 103, take exit 5 and head inbound.

are used in the firm's recycling efforts as well.

Besides the great quality of its products, customers appreciate the tidy and well laid out yard where Kynock's products are housed. Singer says people are impressed with the fact that they arrive to the yard "with a clean vehicle and leave with a clean vehicle."

For people looking to get product from Kynock, they can do so by calling 835-2446 or they can go right out to the yard.

Kynock also carries the other requisite finishing touches to a garden or lawn, such as stone (beach stone, one-inch clear stone), gravel (pea gravel, crusher run, and crusher dust) and sand (masonry sand, screened sand, and septic sand).

ADVERTISING FEATURE

Unrivalled quality and maximum functionality

At Patti's Kitchen and Bath Design Ltd.

Cabinetry is a crucial detail that completes the look of any kitchen. On top of that, it can also improve the functionality of the space and make meal preparation easier by providing an optimal layout for where one keeps their supplies.

Since Patti's Kitchen and Bath Design Ltd. opened shop in 1997, it has been a family-owned operation.

From the beginning, Patti's Kitchen and Bath Design has been helping customers achieve the best of both worlds: Unrivalled quality and maximum functionality.

Patti Ford is one of the founding partners and has been designing kitchens for close to 30 years and has been a certified kitchen designer for the last 21.

From its location at 6420 Lady Hammond Rd. in Halifax's West End, Patti's Kitchen And Bath Design houses both a showroom and a production facility.

"The showroom is in the front part and the

shop is in the back," Patti says.

The vertically-integrated operation offers a lot of benefits to customers, including maximum quality control of the product, which helps minimize the chance of any errors and reduces the possibility of shipping damage.

When customers visit Patti's Kitchen And Bath Design, the team is eager to show off the production facility to them.

This allows customers the opportunity to get an up close and personal look at the dedication the company has to quality, and it also shows off the company's superior product.

"We use the best quality hardware and most of our materials are purchased locally," says business partner Michael Ford.

As a certified kitchen designer, Patti is able to create specialized kitchen designs that provide maximum visual appeal and functionality. To do this, Patti will meet with each customer and ask them lots of questions so that they can come up with a vision for the project.



In the design process, it is often like a puzzle — where she has to take different elements and put them together to create a work of art.

Patti's Kitchen and Bath Design Ltd. offers both hardwood and softwood cabinets and works with numerous types of woods, including pine, birch, oak, maple, ash, cherry and hickory.

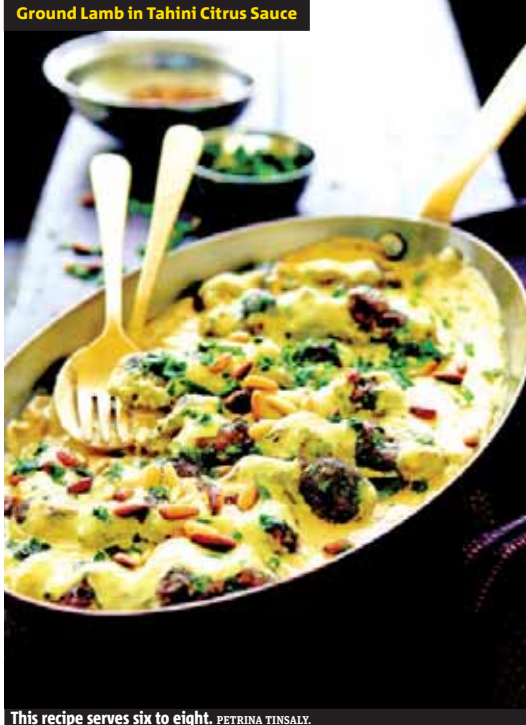
The company exclusively does wood-framed construction, which results in a solid and better-built cabinet.

Patti's Kitchen and Bath Design offers installation services for all of its cabinets.

The company is also an authorized Zodiac and Corian dealer.

Bringing the ancient and exotic cuisine of the Middle East to 2012

Ground Lamb in Tahini Citrus Sauce



This recipe serves six to eight. PETRINA TINSALY.

"Kofta is ground meat, usually lamb, mixed with onion and fresh herbs like parsley and mint, and seasoned delicately with a few spices," writes Suzanne Husseini in *Modern Flavors of Arabia*, which offers a modern take on cuisine from the region.

"There are many versions. This one is a delicious way to use tahini. Tahini has a nutty and earthy flavour and the orange zest and juice cut through that.

My mother used to whip this up at the last minute and have it on the table in half an hour before the guests arrived, as she was never satisfied with the endless number of dishes she had already prepared!"

Now is a great time to get acquainted with food from the region as Middle Eastern cuisine is poised to be the next big global food trend.

Many of the current "buzziest" restaurants in the U.S. and the U.K. are Middle Eastern (with the four Ottolenghi restaurants in London at the forefront of the trend), so it's only a matter of time before the style hits Canada.

Get ahead of the trend.

Ingredients

- 4 medium potatoes, sliced into 1/2 inch rounds
- 1/2 cup peanut oil
- 2 lb ground lamb
- 1 onion, finely chopped
- 1/2 cup parsley, finely chopped
- 1 tsp cinnamon
- 1 tsp allspice
- salt and pepper
- 1 cup tahini
- juice of 2 lemons (or more)
- juice of 1 orange
- zest of 1 orange
- 2 cups water
- sea salt
- 1/2 cup pine nuts, toasted
- a handful of chopped parsley, to garnish

1. Peel, wash and slice the potatoes into rounds. Heat the peanut oil in a large frying pan and fry the potatoes until golden on both sides. Remove and place on absorbent paper to cool.

2. Preheat the oven to 350 F.

3. In a large bowl, combine the ground lamb, onion, parsley, cinnamon, allspice, salt and pepper. In a baking dish, place the potatoes in one layer.

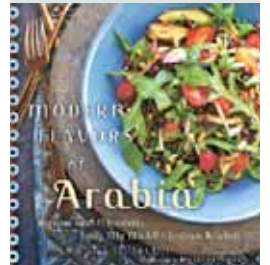
4. Shape the kofta into long sausages (about 6 inches) and place on top. Bake in the oven for 10 minutes until partially cooked. Remove. Keep the

oven on while you make the sauce. Mix the tahini, lemon juice, orange juice, orange zest, water and salt to taste. It should be a pourable consistency and creamy. Pour the sauce all over and return to the oven to finish cooking and to thicken the sauce slightly, about 20 minutes. Garnish with toasted pine nuts and parsley. Serve hot with white rice and a salad.

ALL RECIPES EXCERPTED FROM MODERN FLAVORS OF ARABIA: RECIPES AND MEMORIES FROM MY MIDDLE EASTERN KITCHEN. COPYRIGHT © 2012 SUZANNE HUSSEINI. PUBLISHED BY APPETITE BY RANDOM HOUSE, A DIVISION OF RANDOM HOUSE OF CANADA LIMITED. REPRODUCED BY ARRANGEMENT WITH THE PUBLISHER. ALL RIGHTS RESERVED.

Cookbook of the Week

Modern take on Middle East dishes



Suzanne Husseini, host of Top Chef Middle East, splits her time between Ottawa and Dubai.

Influenced by her travels, she has released *Modern Flavors of Arabia: Recipes and Memories from My Middle Eastern Kitchen*. Focused on offering readers dishes that are healthy, full of flavour and exotic, the book explores a food culture that spans centuries.

Husseini's refreshingly new take on the traditional includes recipes that are arranged by breakfast, lunch, dinner and dessert.

The author also includes stories and ideas on how to serve each dish.

METRO

It starts TODAY!

THE GREAT CANADIAN FOOD FIGHT

feednovascotia.ca/foodfight

The ultimate 48-hour food drive to help families is on! Drop your donations off at our warehouse on the Bedford Highway tonight from 6pm - 9pm, Friday from 7am - 9pm and Saturday from 8am - 6pm.

Can't make it out to see us? Funds count too! Call 457.1900 or donate online at feednovascotia.ca



feed
nova scotia

Layers of flavours

1. Split each pita into 2 rounds and cut into bite-sized squares. In a large frying pan heat the peanut oil and fry the bread squares until crisp and golden. Drain on absorbent paper and set aside.

2. In a bowl mix the yogurt and mashed garlic and salt to make a sauce and put aside.

3. Take the 10 cloves of

Ingredients

Croutons

- 2 large pita breads
- 1/4 cup peanut oil

Yogurt Sauce

- 3 cups full-fat yogurt
- 2 cloves garlic, mashed
- sea salt

Chicken Layer

- 10 cloves garlic, mashed
- 1 whole chicken (2 lb)
- salt and pepper
- 2 tbsp peanut oil
- juice of 3 lemons

Rice Layer

- 3 tbsp clarified butter
- 2 cups short-grain white rice, presoaked, drained
- 1/2 tsp turmeric
- sea salt
- 4 cups water

- 1/4 cup each toasted pine nuts, toasted chopped pistachios and toasted slivered almonds, to garnish

Lemony Chicken with Rice and Yogurt Sauce



This recipe serves six. PETRINA TINSALY.

mashed garlic and rub all over the chicken, getting some under the skin. Season with salt and pepper. In a large enough pot, heat the oil and place the whole chicken to brown all over. Pour in all of the lemon juice. Bring the heat down to a simmer, cover and leave the chicken to braise until it falls off the bone (about 40 minutes). Remove all of the skin and bones and discard. Reserve the meat in its lemony sauce.

4. While the chicken is cooking, it is a good time to make the rice. In a pot, heat the clarified butter and stir

in the drained rice. Add the turmeric and salt. Mix well to coat each grain. Pour in the water to cover the rice by 1 inch. Allow to come to a boil. Reduce the heat to a simmer, cover and leave to cook undisturbed until the liquid is absorbed, about 10 - 15 minutes. Leave covered until ready to serve.

5. To assemble, place some of the croutons in a serving platter, followed by a layer of the hot rice. Mound the chicken with its lemony sauce on top. Drizzle the yogurt sauce over everything and garnish with the nuts. Serve immediately.

Q104
The Home of
Rock n Roll

GREAT PUMPKIN DROP

WATCH A 700 POUND PUMPKIN
PLUMMET TO THE GROUND AND
SMASH INTO SMITHEREENS!

EMPIRE THEATRES DARTMOUTH CROSSING
FRIDAY, OCTOBER 12TH 8 AM



Dill's Atlantic Giant
World's Largest Pumpkin Variety



PUTTING VISION ON HEALTH AGENDA

"When was the last time you had your eyes tested?" is a question CNIB president and CEO John Rafferty likes to ask people. As chair of VISION 2020 Canada (a network of organizations focused on key issues related to vision loss), Rafferty seizes the opportunity to ensure people understand the importance of having their eyes tested.

"Few Canadians realize that vision loss can happen to anyone, at any age", says Rafferty, "but many Canadians are not aware that 75 per cent of vision loss can be

prevented or treated."

According to Rafferty, the issue is more urgent than ever. Oct. 11 marks World Sight Day, which is an international day of awareness about vision health.

The main goal of VISION 2020 is the elimination of avoidable blindness globally. In developing countries, vision loss can be related to unsafe water and a significant portion of blind people in the world have cataracts. In Canada, the issues are largely related to the fact that our

population is aging.

"Regardless of the issues each country faces, prevention of blindness and vision loss needs to be on the health scorecard, and every country needs an implementation plan," Rafferty told MPs, senators and ambassadors in Ottawa last week.

"Canada needs a plan that will improve public education about eye health; one that will allow Canadians access to approved treatments, rehabilitation, provide funding for research and show continued support to

international blindness prevention efforts," says Rafferty.

VISION 2020 Canada is part of VISION 2020, the global initiative for the elimination of avoidable blindness, a joint program of the World Health Organization (WHO) and the International Agency for the Prevention of Blindness (IAPB) with an international membership of NGOs, professional associations, eye care institutions and corporations.

— Sarah Pettersen, VISION 2020 Canada

AMI

ACCESSIBLE MEDIA INC.

**OUR MISSION IS SIMPLE:
TO MAKE ALL MEDIA ACCESSIBLE
TO ALL CANADIANS**

Accessible Media Inc. (AMI) is a not-for-profit multimedia organization operating two broadcast services, AMI-tv, AMI-audio and website AMI.ca.

JOIN AMI'S NEW RESEARCH PANEL

If you are blind or partially sighted, then AMI invites you to help shape the future of accessible media in Canada. To find out more and to register:

Call 1-855-839-4772 or visit www.AMI.ca

VISION QUEST FOR HOPE

For Donna Green, attending her first Vision Quest conference was "like Dorothy finding home."

Green was diagnosed with retinitis pigmentosa (RP) in her 20s. For the first few years she ignored it, but as her vision deteriorated she had to face the fact that she was losing her sight.

"The limits of my vision and my likely future preyed on my mind all of the time. I felt disconnected from my family and friends; no one I knew had experienced anything similar. I lived with growing isolation and fear," Green says.

Then Green heard about Vision Quest, a conference organized by the Foundation Fighting Blindness (FFB), a Canadian charity dedicated to finding the causes, treatments and cures for retinal diseases like macular degeneration and RP.

"For me, Vision Quest was like Dorothy finding home," Green says.

"I learned so much from the researchers,



Donna Green, left, at the Foundation Fighting Blindness' annual Ride for Sight fundraiser with the charity's president and CEO, Sharon Colle.

VISION QUEST PHOTO

and for the first time there was something I could do."

And "do" she did. Green organized future Vision Quests and eventually became the first visually impaired person to serve as chair of the FFB board of directors.

"Vision Quest helped me learn about my own disease and inspired me to get involved," Green says. "It is a pattern I have seen happen over and over again. Vision Quest is a key part of the stories of most of our board members, fundraising volunteers and patient spokespeople."

Are you the next Donna Green? Attend Vision Quest Toronto on Nov. 3. Register at ffb.ca/visionquest or call 1-800-461-3331, ext. 263.

— Erin George

ASTIGMATISM?

LASIK corrects astigmatism more effectively than glasses or contact lenses.

LASIK starting at **\$490/eye*** • **FREE Consultation:** 1-866-999-0435 • lasikmd.com/astigmatism

LASIK MD
VISION

*Prices are subject to change without prior notice and vary based on prescription strength. Applicable to surgery on both eyes only. Other conditions may apply.

Ciampini, MacKinnon star again for Moose

QMJHL. Fifth straight win ties Herd for first place with Remparts



MATTHEW WUEST
matthew.wuest@metronews.ca

The hot hands of Luca Ciampini and Nathan MacKinnon continued to sizzle as the Halifax Mooseheads moved into a tie for first place in the QMJHL on Wednesday night.

Ciampini and MacKinnon, who both enjoyed hat-trick performances in their previous game on Saturday night, had two more goals apiece in front of a crowd of 6,724 at the Metro Centre as the Mooseheads took down the Moncton Wildcats 5-1.

The win is Halifax's fifth straight and leaves the club with a 7-1 record, tied for first with the Quebec Remparts.

"I've been here for four years, so it's pretty awesome — we've never been in the top two," said Mooseheads centre Matthew Boudreau, who had a goal and set up both of Ciampini's tallies.

"It's pretty exciting for us."

Ciampini and MacKinnon got things started early despite the absence of leading scorer Jonathan Drouin due to an upper-body injury, taking advantage of a major penalty to Wildcats rookie Ivan Barbashev just 51 seconds into the contest. Both players scored on the ensuing power play in the opening five minutes and the Mooseheads never looked back.

"What more can you ask for, for the offensive guys to start off the game on a



Halifax Mooseheads centre Nathan MacKinnon, right, skates around Cameron McDonald, centre, and Yannick Veilleux of the Moncton Wildcats at the Metro Centre on Wednesday. JEFF HARPER/METRO

five-minute power play?" Ciampini said. "We got good momentum, scored two goals, and it for sure changed the game."

Boudreau and Ciampini padded Halifax's lead to 4-0 in the second half of the second period before the Wildcats finally got on the board. MacKinnon finished things off with a nifty individual effort on a power play at 5:08 of the third.

Ciampini and Boudreau were the first and second

stars, while their linemate, Dominic Beauchemin, filled in for suspended right-winger Martin Frk and had a pair of helpers.

"Some nights we have to step up, and tonight was the night because Jo wasn't there," Boudreau said.

Ciampini, selected second overall by the Mooseheads in 2010, had just four goals in his previous 60 games, including playoffs, prior to his two-game, five-goal outburst. "It's pretty awesome,"

Boudreau said. "He's got his confidence back — five goals in two games, that's pretty good. We help him a lot and he helps us a lot and I hope he continues like that so we can keep it going."

MacKinnon was the third star while goalie Zach Fucale made 29 saves.

The Mooseheads are on the road this weekend, visiting the Drummondville Voltigeurs on Friday at 8:30 p.m. and Shawinigan Cataractes on Saturday at 5 p.m.

Moving on up

- Prior to Wednesday's win over the Wildcats, the Mooseheads moved up two spots to No. 5 in the Canadian Hockey League's weekly top-10 ranking.
- The Mooseheads had slipped two spots to No. 7 in the previous ranking.

4 SPORTS

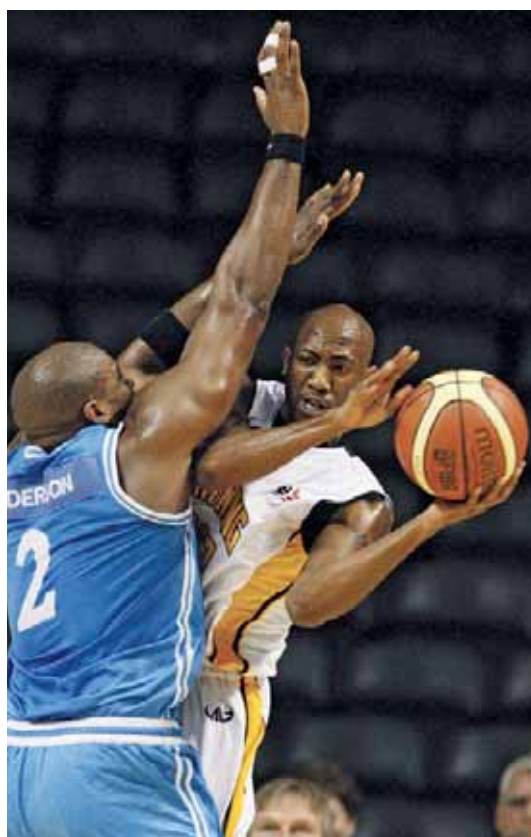
MORGAN vs HOWE

THE FRIDAY FACE-OFF : ULTIMATE TALK RADIO -11AM

News 95.7

News.Talk.Sports.

News957.com



Eddie Smith, right, with the London Lightning last season.

DAVE CHIDLEY/THE CANADIAN PRESS FILE

Rainmen sign star guard from rival Lightning

NBL. Guard Smith has 'haunted' Rainmen owner for years



MATTHEW WUEST
matthew.wuest@metronews.ca

Eddie Smith has been sticking it to the Halifax Rainmen for years. Now, he's on their side after the Rainmen acquired him on Wednesday.

The Rainmen shipped the rights to forward Anthony Johnson, the second overall pick in August's National Basketball League of Canada draft, to the Laval Kebs for Smith, a six-foot-three guard who starred for the London Lightning last season.

Smith, who was sixth in

Opening night

The Rainmen open the season on the road against the expansion Windsor Express on Friday, Nov. 2.

NBL Canada scoring with 17.2 points per game, was a central figure as London knocked off Halifax in the league final last March. He previously played for the Lawton-Fort Sill Cavalry, Halifax's chief Premier Basketball League rival.

"He's haunted me for five years now," said Rainmen owner Andre Levingston. "He'll help guys stay poised when in the past, being down a couple of points, our guys had a tendency to panic. We've got a guy now

who can actually create his own shot. When there's 10 seconds left in the game (or on the shot clock), Eddie can get his basket."

Smith was traded to the Kebs last month after he and the Lightning couldn't come to terms on a new contract.

Smith, who was named the NBL Canada's sixth man of the year, joins two other guards — top Canadian Joey Haywood and reigning scoring champion Brandon Robinson — as the only players under contract with the Rainmen.

Levingston said Smith was deserving of league MVP last season over London's Gabe Freeman.

"A lot of other teams aren't going to be excited to find out we signed him," Levingston said.

ALDS

Ibanez the unlikely hero in New York

Raul Ibanez lined a ninth-inning home run while pinch-hitting for slumping Alex Rodriguez, then hit a leadoff homer in the 12th, giving the New York Yankees a stunning 3-2 win over the Baltimore Orioles on Wednesday night for a 2-1 lead in their AL division series.

Ibanez homered with one out in the ninth inning off Baltimore's Jim Johnson to tie it 2-2. He then hit the first pitch from Brian Matusz leading off the 12th.

THE ASSOCIATED PRESS

NLDS

Carpenter builds on Cards' World Series dream

Chris Carpenter was every bit the post-season ace he's been in the past for the St. Louis Cardinals.

Taking the mound for only the fourth time in 2012, missing a rib after surgery to cure numbness on his right side, Carpenter pitched scoreless ball into the sixth, rookie Pete Kozma hit a three-run homer, and the Cardinals beat the Washington Nationals 8-0 Wednesday to take a 2-1 series lead. THE ASSOCIATED PRESS

Staying alive

Giants rally to tie series with Reds

Angel Pagan led off the game with a home run, Gregor Blanco and Pablo Sandoval connected later and Tim Lincecum came out of the bullpen to help the San Francisco Giants beat the Cincinnati Reds 8-3 on Wednesday, evening their series 2-2.

THE ASSOCIATED PRESS

Cycling. USADA releases doping report on Armstrong

Lance Armstrong challenged the U.S. Anti-Doping Agency to name names and show what it had on him.

On Wednesday, it did.

The anti-doping group released a report on its case against Armstrong — a road-map of the lengths Armstrong went to win seven Tour de France titles.

The report details cheating by Armstrong's teams and names 11 former teammates — Tyler Hamilton, Floyd Landis and Toronto's Michael Barry among them — as witnesses.

Quoted

"The most sophisticated, professionalized and successful doping program that sport has ever seen."

USADA chief executive Travis Tygart

The report accuses Armstrong of depending on performance-enhancing drugs to fuel his wins and "more ruthlessly, to expect and to require that his teammates" do the same. THE ASSOCIATED PRESS

Cycling

Barry relieved after USADA testimony

Toronto's Michael Barry says coming clean on his past doping is both emotional and liberating.

Barry said in an interview it "feels good to be honest and not have to live a lie anymore."

He made the admission after the USADA said he testified against Lance Armstrong in a doping investigation. THE CANADIAN PRESS



Michael Barry
GETTY IMAGES FILE

NHL. Labour board deems lockout legal in Alberta

The Alberta Labour Relations Board has decided that the NHL's lockout of players from the Edmonton Oilers and Calgary Flames can continue.

The board said in a written ruling released Wednesday that forcing an end to the lockout for two members of a 30-team league would be unlikely to solve the dispute between the NHL and the players' union.

"It is our expectation this is nothing more than an unhelpful distraction from their efforts," the ruling said.

"An order declaring the

In New York City

The NHL and the NHLPA met for five hours Wednesday but the talks did little to move the sides closer to a deal to end the lockout.

lockout to be in violation of the (Alberta Labour Relations) Code would have no positive impact on this dispute."

The NHLPA had wanted the board to rule the lockout illegal in Alberta. THE CANADIAN PRESS

MERCHANDISE

Merchandise for Sale

New GPS 4.3" GPS CAR NAVIGATION
LIKE NEW IN OPEN PACKAGE.
\$65
462-8722

Furniture & Appliances

Solid Oak Entertainment Unit solid oak
entertainment unit 72x72 with TV included.
\$99
(902)489-1663

PERSONALS

Personals

5 star service. 21, male for male.
Female also available for calls.
Call for inquiry.
902-495-0424

Business Personals

NICOTINE Trapping You?



Where is some relief?
Soft laser **KILLS** the
NICOTINE URGE
Call Doug today!
902.452.3138

HEALTH & BEAUTY

Spa Services

**LASER HAIR
REMOVAL**
1 year for \$499.00
Color/Cut \$60.00
Mani/Pedi \$50.00
902-443-6093
264 Bedford Hwy, Ste. 205
ldvdayspa.com

GARAGE/YARD SALES

Garage/Yard Sales

YARD SALE
OCTOBER 13-14
(rain date Oct 20/21)
3390 Desmond Ave
9am-2pm
Furniture, household items and
lots more!!

Garage/Yard Sales

Garage/Yard Sales

MEGA FLEA MARKET LOWER SACKVILLE

32 Glendate Ave Lr. Sackville
\$1 Admission!!
Sundays 9-2 pm (Sellers 7am)
LIMITED TABLES AVAILABLE!!
Call or Text **902-495-0206**

Read metro work every Monday and Wednesday
for tips and trends in education and employment.
Only in Metro. News worth sharing.

Yamaha Keyboard
Excellent condition
ASking \$180.00
902-489-6723

Call 1-800-527-6767 to place your ad now!

CLASSIFIEDS CUSTOMER SERVICE: 1 800 527-6767 – MONDAY TO FRIDAY 8:30 AM TO 6:00 PM (ATL) Metro requests that advertisers check their advertisement upon publication and advise Metro immediately if there are any copy errors in the advertisement as published. Metro will not be responsible for any error other than an incorrect insertion due to any act or omission of Metro. In any event Metro will only be responsible for one incorrect insertion of any particular ad regardless of the number of times such ad is run incorrectly. Metro's liability for any such error is limited to the amount actually paid by the advertiser.

Horoscopes

♈ Aries

March 21 - April 20

The only thing that can hold you back is a negative attitude to life. No matter how tough things may be, or you think they may be, make sure you look on the bright side — and your day will be brighter too.

♉ Taurus

April 21 - May 21

Promise yourself now that no matter how much certain people may annoy you, it is not going to change what you do. Also, don't lose your temper. If you do, it means they will see it as a victory.

♊ Gemini

May 22 - June 21

Don't be too eager to change things today because the planets indicate you will just have to change them back again later. On the work front, especially, you are advised to sit tight and not rock the boat — yet.

♋ Cancer

June 22 - July 23

Something is worrying you to the extent that you can't get it out of your head. You of all people should know it's not healthy to dwell on negative thoughts, so focus your mind on something more uplifting.

♌ Leo

July 24 - Aug. 23

Watch what you spend today: Cash will slip through your fingers so easily. Neptune in the wealth area of your chart brings lessons about the true value of money and possessions. They don't have to be hard lessons.

♍ Virgo

Aug. 24 - Sept. 23

There is a danger that your imagination will get the better of you and before you know it, you will be off in la-la land with all the other fantasists. You don't want that. Keep your head out of the clouds.

♏ Libra

Sept. 24 - Oct. 23

Others are going to misunderstand you today, willfully or otherwise, so it probably does not matter what you say or do. Everyone has an opinion but that does not mean you have to listen to them all.

♐ Scorpio

Oct. 24 - Nov. 22

Saturn in your sign is linked to Neptune, planet of generosity, so make sure that what you give, either as a gift to a friend or as charity to a stranger, is put to good use. Don't just give and forget.

♑ Sagittarius

Nov. 23 - Dec. 21

You seem to have got it into your head that you owe other people more than they owe you. That's highly unlikely to be true. The fact is you owe nothing to anyone — except, of course, to yourself.

♒ Capricorn

Dec. 22 - Jan. 20

Are you seeing things as they really are or is your mind painting pictures that are designed to make you feel good? Your task today is to recognize life for what it is, not what you wish it might be.

♓ Aquarius

Jan. 21 - Feb. 19

It's not easy seeing things from another person's point of view, especially when your own outlook is somewhat rigid, but you must make the effort today. If you do, what you see will both delight and enrich you.

♈ Pisces

Feb. 20 - March 20

Do not give up on a project that seems to have ground to a halt. Maybe it has, but the planets say is only a temporary delay and one that may even benefit you in the long term.

SALLY BROMPTON

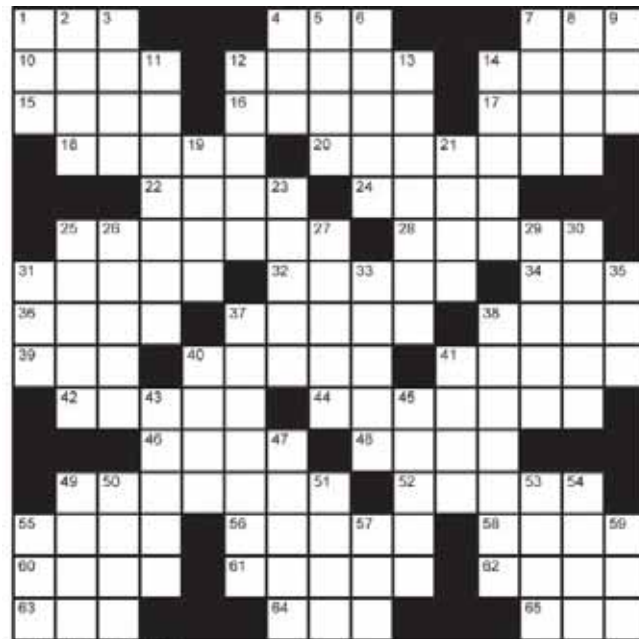
Fun Stuff

Across

1. Halloween's month: abbr.
4. The ____: Canada's largest department store, familiarly
7. Whirlpool site
10. Excite, as an appetite
12. "Dear Sir or ____"
14. Blacken in a pan
15. Biblical ark builder
16. BC neighbour to the south
17. Need
18. Activate, as an elevator button
20. 8 miles from Lake Louise, this lake has the same blue-green color and is named from the rockpile at one end
22. Wowed
24. Rowboat equipment
25. Canada's most populous province
28. Post-____ drip: cold symptom
31. Morning ____: climbing flower
32. 4th month
34. "Are we having ____ yet?"
36. *Garfield* comic strip dog
37. Puts money into a poker pot before cards are dealt
38. Mexican restaurant fare
39. ____ Moines, Iowa
40. Easy to see or understand
41. Tiny bits, from a Greek letter
42. Detox center
44. Midpoints
46. Mined materials
48. Boozehound
49. Stuck (to)
52. Apartment owned by a resident
55. Biblical Jacob's brother
56. It's often stranger than fiction
58. Distinctive flavour
60. Business group
61. Holding a higher position than
62. Heavy-metal vocalist Osbourne
63. Beach pursuit
64. Air leak sound
65. End-of-summer mo.

Down

1. Possess
2. Cut with an ax
3. Rip, as paper
4. Evil
5. Comic Sandler
6. Google competitor
7. Bond portrayer Connery
8. Window unit
9. Statues and paintings, e.g.
11. IMAX ____
12. Ebenezer Scrooge, for one
13. Toronto-born Rick of *Honey, I Shrunk the Kids*
14. Cheese with holes
19. Bend with the breeze
21. Shrinking Asian inland sea
23. Mother of William and Harry
25. More aged
26. Racket
27. Eye related
29. "____ worse than death" (2 wds.)
30. *Star Wars* creator George
31. Deity
33. Sign up for more magazine issues
35. 1, 2, 3, etc.: abbr.
37. Canada's fourth-largest province
38. Biggest city in
- 25-Across
40. Peel, as an apple
41. Pay ____ mind: disregard (2 wds.)
43. [Yawn]: (2 wds.)
45. Specialized market
47. Belgrade citizens
49. Where to find Siberia
50. "Heck"
51. Batman and Robin and Abbott and Costello
53. Haagen-____ ice cream
54. Entre dix et douze
55. Lizard often found in crossword puzzles
57. Boob tubes
59. Cheat



Copyright © 2012 Michael Wiesenberg

Yesterday's Crossword



What's online

See today's answers at metronews.ca/answers.

Sudoku

How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

Yesterday's Sudoku

0	4	6	7	5	8	2	1	9
2	1	8	4	9	3	7	6	5
7	5	9	2	6	1	3	8	4
9	7	1	6	3	5	8	4	2
8	3	4	8	7	2	1	5	6
6	2	5	8	1	4	9	7	3
5	8	7	3	2	6	4	9	1
1	9	3	5	4	7	6	2	8
4	6	2	1	8	9	5	2	7

Today

15°/2°
Partly cloudy

Friday

14°/0°
Showers
70%

POINTCAST
Get Your 1km Weather
www.theweathernetwork.com/pointcast

TWN incorporates MSC data

NOW MORE MEN & BIGGER PACKAGES

FREE TRIAL

CruiseLine

902.431.6725

Other cities: 1.877.882.2010
1.800.561.8888 (75 min/\$25)
Text "CRUISE" to 96669 (10 min/\$25)

www.cruiseline.ca

nightline **FREE TRIAL**
where raucous is nice

902.444.5533
OTHER CITIES 1.877.834.4044

1.900.561.5555 \$25/30min
Text "SCORE" to 96669 (75 min/\$25) | Dial 800 (3333) 79min

NIGHTLINECHAT.COM *18+ Certain Restrictions Apply

grapevine
personals.com

FREE OFFER
FRIENDSHIP // DATING // LOVE

902.491.1600

Other cities: 1.877.CHAT.810

Easy "VINE" to 96669 35/10 min | 1.900.783.3333 125/10 min

WANTED

A GOOD HOME FOR THESE 7 LITTLE DARLINGS.

SAVE \$3,000 FOR A LIMITED TIME

fr **\$59**^{wk*} IN YOUR DRIVEWAY
TAXES AND FREIGHT INCLUDED - \$0 DOWN



THE ALL NEW
2012 FIAT 500

STEELE CHRYSLER FIAT
44 Bedford Highway, Halifax
T: 902.454.7341
www.SteeleFiat.ca



ACT NOW! DON'T MISS OUT!

SPECIAL FACTORY PURCHASE
2012 CHRYSLER
200 LIMITED

**EXCLUSIVE TO
DARTMOUTH
DODGE**

ONLY 4 LEFT

LOW KMS

**2.4L
44 M.P.G**

**Heated
Seats**

**Leather
Interior**

**Power
Sunroof**

**Touch Screen
Display**

**UConnect
Hands Free**

**18"
Aluminum Wheels**

**Sirius Satellite
Radio**

\$19,995 OR \$159 BI-WEEKLY

plus

**NO CHARGE
WINTER TIRES**



DARTMOUTH
CHRYSLER DODGE Jeep RAM
Where Nova Scotia Comes to Save!

469-9050
DDODGE.COM

Prices exclude taxes, and fees. Payments include taxes and fees.

Vehicle not exactly as shown.